FHM

SOUTH AFRICA

FEBRUARY 2022

CHICK *Magnet*
AUDI'S NEW FLASHY A3

DNA *Health* TIPS
EXPLAINING NUTRIGENOMICS

LAPTOP *Love*
THE COUGAR'S PERSPECTIVE

TEXAS TECH HEAD
HOW MICHAEL DELL BUILT AN EMPIRE

Claudia Fijal

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www.mvpmiami.com
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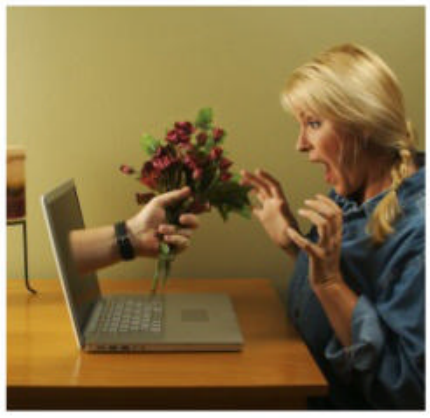

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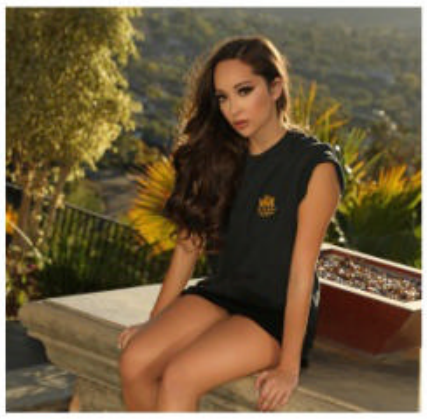

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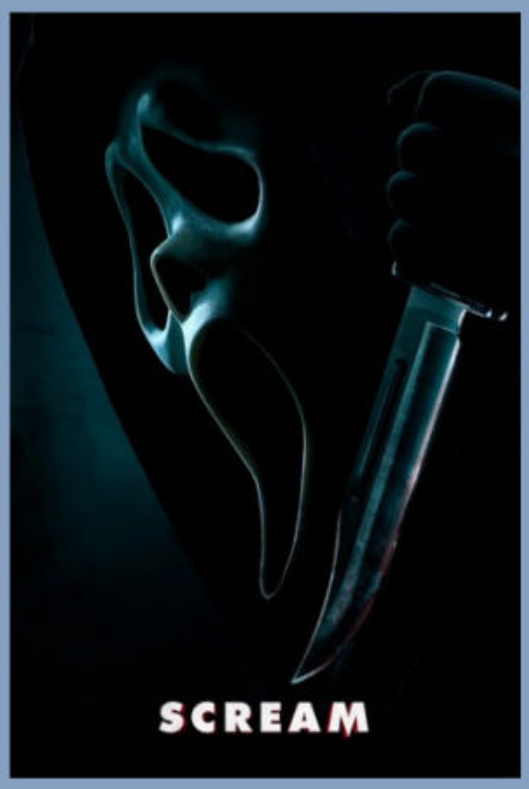
Date NIGHT

AWESOME MOVIES TO CUDDLE TO

A brand new year means brand new films to look forward to, with 2021 having been a great year for moviegoers, 2022 seems to be an even better year with some of the most highly anticipated movies ever planned to be released. So here are the movies we cannot wait to see.



Scream

Twenty-five years after a streak of brutal murders shocked the quiet town of Woodsboro, a new killer has donned the Ghostface mask and begins targeting a group of teenagers to resurrect secrets from the town's deadly past. Seen as a soft reboot of the famous slasher series, Scream 2022 sees a brand new cast of teens to be killed off by the infamous Ghostface, but this time the teens have an edge, as original final girl Sidney Prescott (Neve Campbell) is there to advise on how to deal with the newest slasher in town. Seeing a return of all the original cast members, the soft reboot looks to be a lot of slasher-filled fun.

Fantastic Beasts: The Secrets of Dumbledore

The Fantastic Beasts prequels to the Harry Potter series have been largely hit and miss, but that looks set to change as the third outing brings in Mads Mikkelsen as Gellert Grindelwald, replacing Johnny Depp, as the main bad guy, or and Hitler of course. Taking place during the years leading up to World War II, Professor Albus Dumbledore knows the powerful Dark wizard Gellert Grindelwald is moving to seize control of the wizarding world. Unable to stop him alone, he entrusts Magizoologist Newt Scamander to lead an intrepid team of wizards, witches, and one brave Muggle baker on a dangerous mission, where they encounter old and new beasts and clash with Grindelwald's growing legion of followers. But with the stakes so high, how long can Dumbledore remain on the sidelines?

Sonic the Hedgehog 2

Speaking of games turned into movies, arguably the most successful was last year's Sonic the Hedgehog, grossing over $300 million at the box office. Naturally Hollywood knows a success when they see it and have wasted no time in announcing the sequel. When the evil Dr. Robotnik and his sidekick Knuckles make an unexpected visit to Earth in search of an all-powerful emerald, Sonic joins forces with a new ally named Tails and embarks on a journey to find the emerald before it falls into the wrong hands. It's everything one can expect from a Sonic sequel, but the biggest highlight is hearing the wonderful Idris Elba take on the role of Knuckles. It's silly goofy fun and if you loved the first movie then this will be a great treat.

The Batman

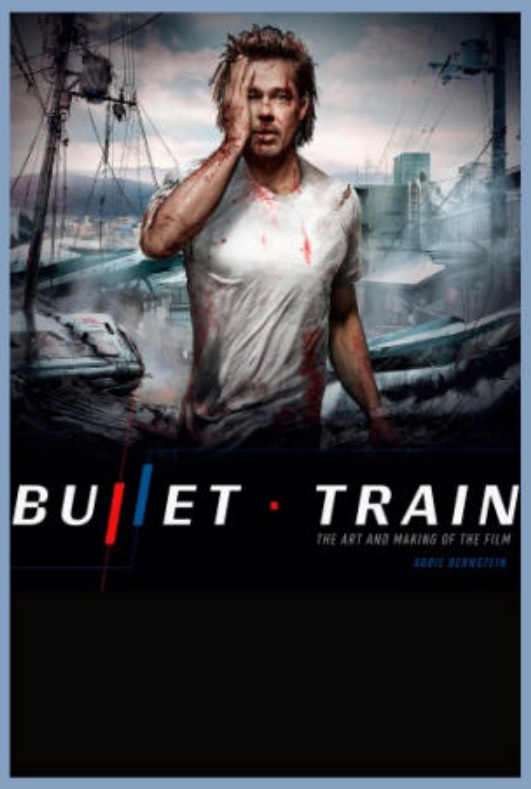
Featuring a much younger and less experienced Batman than we've ever seen on the silver screen Robert Pattison takes on the mantle of the Bat and is only in his second year of fighting crime. Batman uncovers corruption in Gotham City that connects to his own family while facing a serial killer known as The Riddler. This is without a doubt the darkest Batman movie to date, making even the Nolan movies seem tame in comparison. Pattison makes for a wonderfully unhinged Bruce Wayne who is still fighting his own demons, while taking on the sadistic and frightening Riddler, expertly played by Paul Dano. Forget about the campy Jim Carrey portrayal of The Riddler, this man of riddles is truly scary.

Uncharted

Movies based on gaming franchises have never been great, from the okayish Tomb Raider flicks to the dreadful Resident Evil movies, it's hard to get excited about them. However, combine the charming and much loved Uncharted game series with Tom Holland and Mark Wahlberg and you might just have a winning combination. Set as a prequel to the games, Uncharted the movie, is an action-adventure epic that spans the globe, young street-smart Nathan Drake and his wisecracking partner Victor "Sully" Sullivan embark on a dangerous pursuit of "the greatest treasure never found" while also tracking clues that may lead to Nathan's long-lost brother. It's not going to win any Oscars, but it is looking to provide us that Indiana Jones itch we all have.

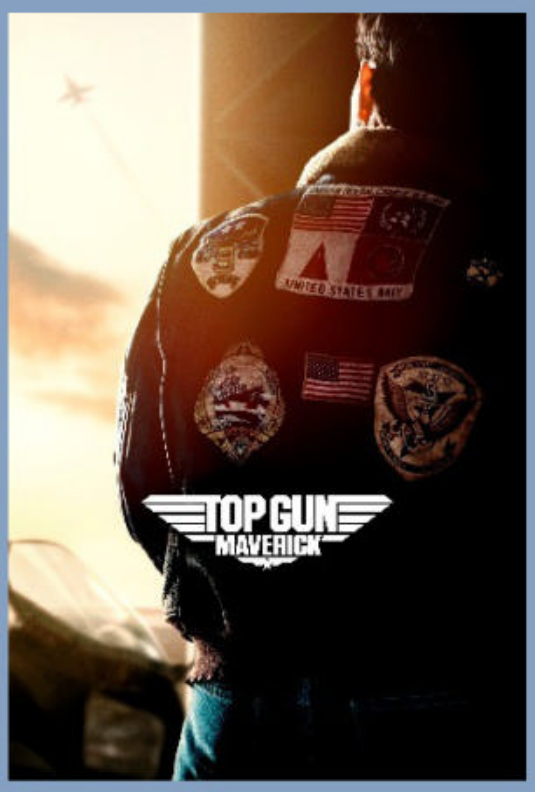
Doctor Strange In The Multiverse of Madness

In life, there are certain things one cannot escape from, like death and taxes and more Marvel movies. However Doctor Strange In The Multiverse of Madness has got us very excited as it sees the return of director Sam Raimi to the superhero genre. This latest adventure will see Stephen Strange (Benedict Cumberbatch) unleash an evil force during his research into the Time Stone. Elizabeth Olsen will return to the MCU as Wanda Maximoff, with Benedict Wong, Rachel McAdams, and Chiwetel Ejiofor all set to reprise their roles from the first film.



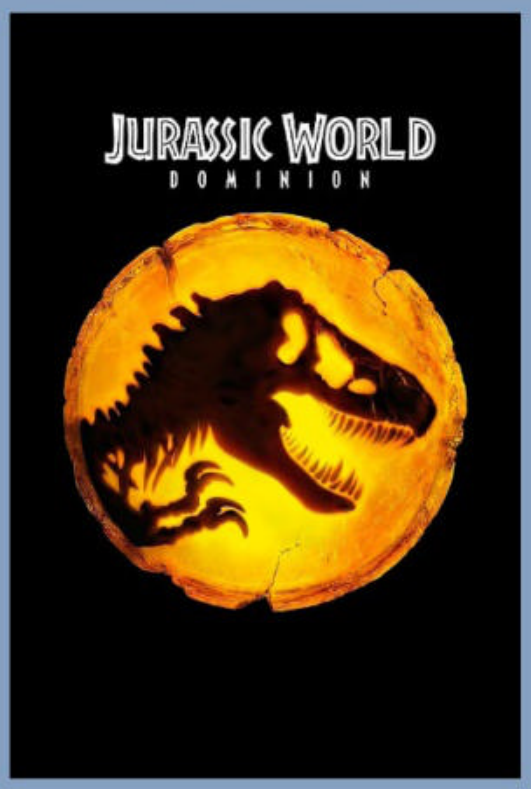
Bullet Train

Brad Pitt is not often seen as an action hero kind of actor but in this adaptation of Kotaro Isaka's 2021 satirical novel of the same name, in which he plays an assassin who finds himself on a fast-moving train with four other highly motivated hit men and women. The catch however is that all five assassins have the exact same mission, meaning one assassin will get off the train alive. Expect lots of action and the usual charm from our leading man.



Top Gun Maverick

One of the most successful movies from the '80s finally gets its sequel more than thirty years later. Tom Cruise returns as hotshot fighter pilot Pete "Maverick" Mitchell, and the cast also includes Westworld's Ed Harris as a tough admiral, Miles Teller as the son of Maverick's late pal Goose. After more than thirty years of service as one of the Navy's top aviators, Pete Mitchell is where he belongs, pushing the envelope as a courageous test pilot and dodging the advancement in rank that would ground him. He must soon confront the past while training a new squad of graduates for a dangerous mission that demands the ultimate sacrifice. From amazing dog fights in the air and quite a solid story, Top Gun Maverick looks to be the surprise hit of the summer.



Jurassic World: Dominion

The latest sequel to the rebooted Jurassic Park films, sees the current cast of Chris Pratt and Bryce Dallas Howard team up with the original cast members of Sam Neill, Laura Dern, and everyone's favorite Jeff Goldblum, in an attempt to figure out how to deal with a world of filled with free-roaming dinosaurs. Even though the movies have been a bit meh in places, this sequel at least throws up something interesting in combining the stars of the two Jurassic Park franchises in a world's colliding moment. Plus who doesn't love watching dinosaurs causing havoc wherever they go. Plus any movie is infinitely better when Jeff Goldblum walks on screen.

The Unbearable Weight of Massive Talent

One of the biggest surprise announcements last year was actually a Nicolas Cage movie, yes 2021 was a weird year. Nic Cage is playing Nic Cage is the hilarious comedy poking fun at everything that is Nic Cage. Creatively unfulfilled and facing financial ruin, Nick Cage must accept a $1 million offer to attend the birthday of a dangerous superfan. Things take a wildly unexpected turn when Cage is recruited by a CIA operative and forced to live up to his own legend, channeling his most iconic and beloved on-screen characters in order to save himself and his loved ones. It's as ridiculous as it sounds and it's wonderful. Fans of Nic Cage will spot numerous references across the film from his love of spending a fortune on absolute rubbish to his overacting getting him in trouble.

Spider-Man: Across the Spider-Verse (Part One)

The first Enter the Spider-verse was perhaps the best-animated superhero movie ever made, which deservedly took home the Best Animated Movie Oscar. So expectations are high for the sequel. The sequel will focus heavily on the relationship between Miles Morales/Spider-Man and Gwen Stacey/Spider-Gwen as Miles Morales returns for the next chapter of the Spider-Verse saga, an epic adventure that will transport Brooklyn's full-time, friendly neighborhood Spider-Man across the Multiverse to join forces with Gwen Stacy and a new team of Spider-People to face off with a villain more powerful than anything they have ever encountered.

Victoria Hampton

Model | @hamptonthoughts

Photographer Stephen Hirschthal | @stephenhirschthalphotography
Bikinis Kitty's Bikinis | @kittys_bikinis
Location Sarasota, Florida
Agencies EM Modeling | @emmodelingagency
Next Level Modeling | @nextlevelmodelingagency

It's such an absolute honor to have you on FHM! How are you feeling about 2022? Thank you for having me. I am feeling positive and stoked for 2022! So many good things to come this year.

What is at the top of your list to achieve the most in the year of 2022? Working with bigger brands/people, maybe get into acting again, and making multiple front covers of big magazines.

What would you say makes you stand out in the industry? I've been told my physique, specifically lower body, and my personality. I'm strong, built, yet versatile in looks (as I was told by a big magazine company just recently).

What was on your resolution list this year? I made a resolution to work with bigger companies and start making a name for myself.

When it comes to goals and ambition, what are some of the things that keep you focused on getting there, what is the driving force behind it all? I have to be realistic with myself and set small goals as I go, otherwise, I become overwhelmed.

What are some of your favorite outdoor activities? Taking long walks out in nature. Meditating when I get a chance out in the forest, ocean, or just anywhere that is serene.

3 ultimate deal-breakers when it comes to men? Players who think it's a game, a know-it-all (especially in the gym), and pretending to be someone else instead of being their genuine self.

Never have I ever...? Been to Australia. Someday I hope to visit, maybe even move there if I like it enough!

Top 3 myth busters when it comes to models? All models like to party... false. We like our sleep and alone time! Not all models starve themselves and it's becoming less of a trend to be starved. Being a model is glamourous... it can be, but it actually takes more work than most think, especially as a fitness or swimsuit model. As a fitness and swimsuit model, you have to be ready for any last-minute jobs, so adhering to a specific way of eating and lifestyle takes dedication.

What is the wrong way to approach you as an admirer? Don't even bother if you're trying to talk to me in the middle of my workout in the gym or when I'm eating.

Where can our readers catch up with you and stay updated with your work? Check out my Facebook fitness modeling page at Victoria Fitness Model/Trainer by looking up the Facebook handle @victoriafitmodel. You can also check it out. The stories are where you'll find where most of the content is posted.

We are so happy to have gotten to know you a little bit! Any last words out there for our readers? Thank you so much for taking the time to interview me! May everyone have the best year yet in 2022. If you haven't already, feel free to like my Facebook modeling page and be sure to follow @hamptonthoughts (you can contact me there if you want to work and/or collaborate together). Cheers!

TECH THROWBACK

HOW 2002 INNOVATIONS CHANGED THE FUTURE!

Technology is great, it's made our lives better (or worse, depends who you ask), but we have seen gadgets and tech come in leaps and bounds over the last decade or so. However, instead of looking forward to the tech of 2022, we thought it would be fun to look back at where tech was 20 years ago, in the year 2002.

Social Media

These days, social media rules our lives. From ranting to celebrities on Twitter or watching angry gamers throw their toys in a Let's Play on Youtube or posting fake pictures of your lifestyle on Instagram, the social media lifestyle is part of us now, for beer or worse. However, the landscape was very different back in 2002. Facebook was still two years away from launching and YouTube 3 years. However, that doesn't mean social media didn't exist back in 2002. Friendster was the king of the castle back then, with over 3 million users. Now back in 2002, 3 million was an incredible number, however, 20 years later Facebook has close to 3 billion users, dwarfing the now-defunct Friendster record.

The Internet

Before the days of fiber connections, streaming services, and social media, the internet was already gathering pace. In 2002 there were already over 38 million websites, with over 660 million users. Internet Explorer (now called Edge) was the browser of choice with a 95% market share. 20 years later and there are almost 5 billion internet users and over 1.8 billion websites available. Chrome became the number one web browser with a 77% market share and Edge only has 5% of that market share. In 20 years the internet grew exponentially as well as the users, with the majority of the world's population having access to the internet.

DVD's and Music

In 2002, Blockbuster Video was one of the most successful companies around, with record numbers of over $5 billion in revenue. Amazon was flourishing and posted its first profit in 2002 and book sales were a large part of that success. Brick and mortar shops were starting to struggle and with the launch of the iPod the year before, people were swiftly moving across to digital music, with CD sales slowly dropping. The writing was clearly on the wall. Yet companies like Tower Records and Blockbuster refused to see the change coming and today are mere memories of a time before. Netflix, once a DVD delivery service saw the change and was one of the first companies to offer streaming in 2007. The controversial website Napster, famous for being sued by Metallica for sharing their music for free, also bit the dust this year, filing for Chapter 11 bankruptcy. Thanks, Lars. Funnily enough, Napster still exists in 2022 as a legit music streaming service.

Mobile Phones and Computers

20 years ago, the thought of a smartphone didn't exist. Your mobile phone was there to text your mom and phone your friends and battery life was a matter of days not hours. Nokia was top of the pile at this stage, with the famous and beloved Nokia 6610 in the hands of over 15 million users. Apple's iPod was the mobile music tech powerhouse and had a max capacity of 10GB. The popular PowerBook had a 1GHz processor, 10GB of storage, a maximum of 1GB of RAM, and optional WiFi, running at a blistering 11Mb/sec. Today Nokia is a bit-part player to the dominance of Apple, Samsung, and Huawei. The latest top-of-the-range smartphone comes with storage and computing power far dwarfing that of the most powerful computer of 2022. Now if only these smartphones of ours could last for days on battery power and be built like a brick as was the wonderful Nokia 3310.

Online Gaming

Twenty years ago the console market was dominated by the PlayStation 2, PC gaming was going through a rough patch and LAN parties were the only way you could play against your friends. That was until Microsoft launched the Xbox Live services for its first-ever console, the Xbox in 2002. This service allowed players to compete against one another over the Internet. It was easy to use, simple to understand, and changed the landscape forever. More than two million players subscribed to Xbox Live, establishing it as one of the Xbox's greatest successes. Since then online gaming has become a huge part of the gaming experience, with games like Fortnite making billions thanks to millions of players around the world being able to play against each other. Today Microsoft has over 100 million Xbox Network subscribers.

TOP 20 NEW GAMES YOU'VE GOTTA GET!

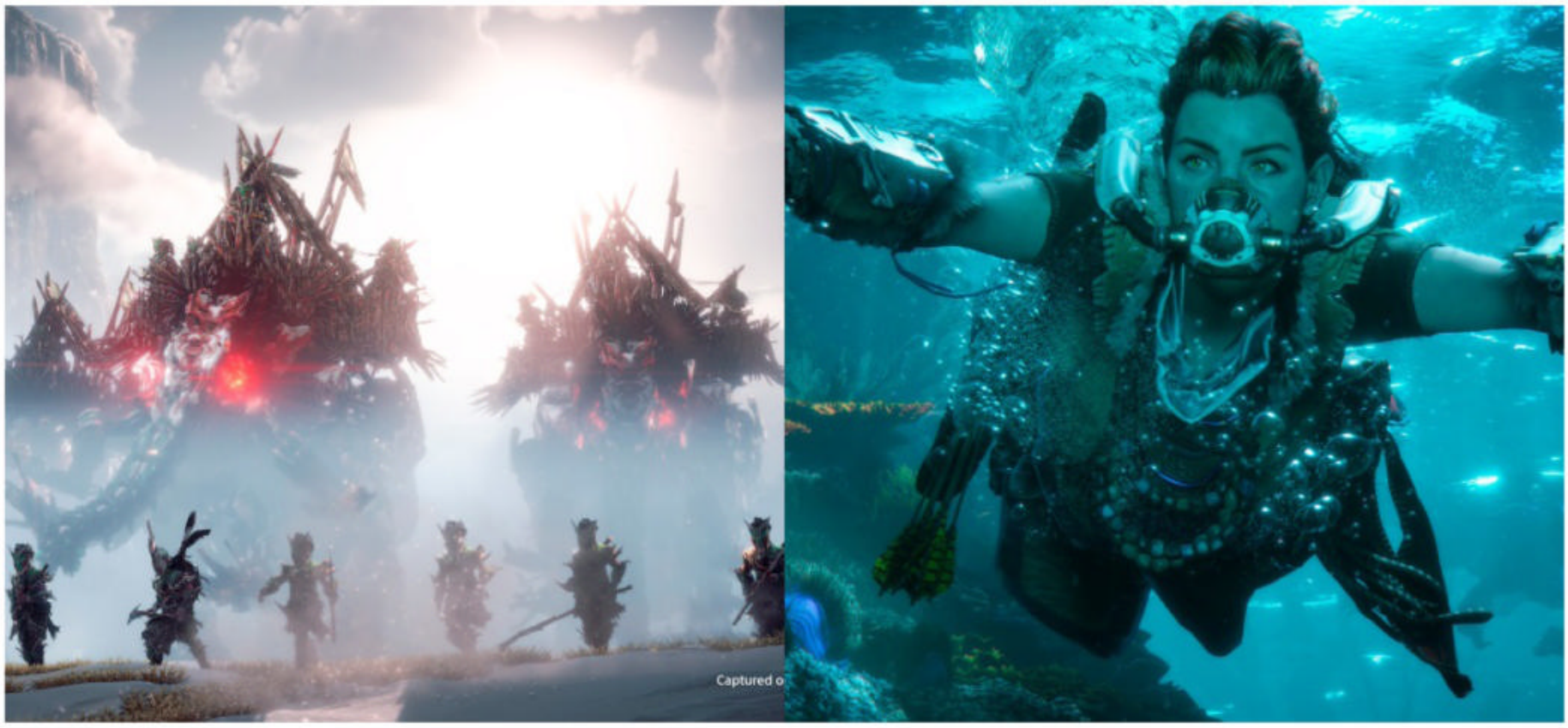
Looking back at 2021, it's easy to see why it was a great year for gamers. With the release of Halo Infinite, Hitman 3, and Forza Horizon 5 to name but a few, 2021 was a bumper year for quality games. However, 2022 is shaping up to be an even bigger year for the fans of electronic games. With massive AAA titles from all the big industry players finally making their way to your console of choice. Here are some of the biggest games for 2022 we cannot wait to play.

Pokemon Legends: Arceus

The Pokemon series has always been a divisive title for Nintendo, with millions sold the series has proven to be quite the commercial hit. However, fans of the series have been clamoring for a big change in the series and with Pokemon Legends: Arceus they might finally have their wish. The very first ever Pokemon game to feature an open-world design, Arceus looks to bring the biggest shake-up the series has ever seen. Set long before any of the series entries to date, you'll be exploring Sinnoh in a unique adventure to create the region's first Pokedex. Catching Pokemon will be as simple as throwing a Pokeball at them whilst creeping towards them out in the open, which will seamlessly enter you into a battle. Previews have been promising and even though there is a lot of hate for the visuals online, Arceus promises to be the most exciting entry in the Pokemon series to date.

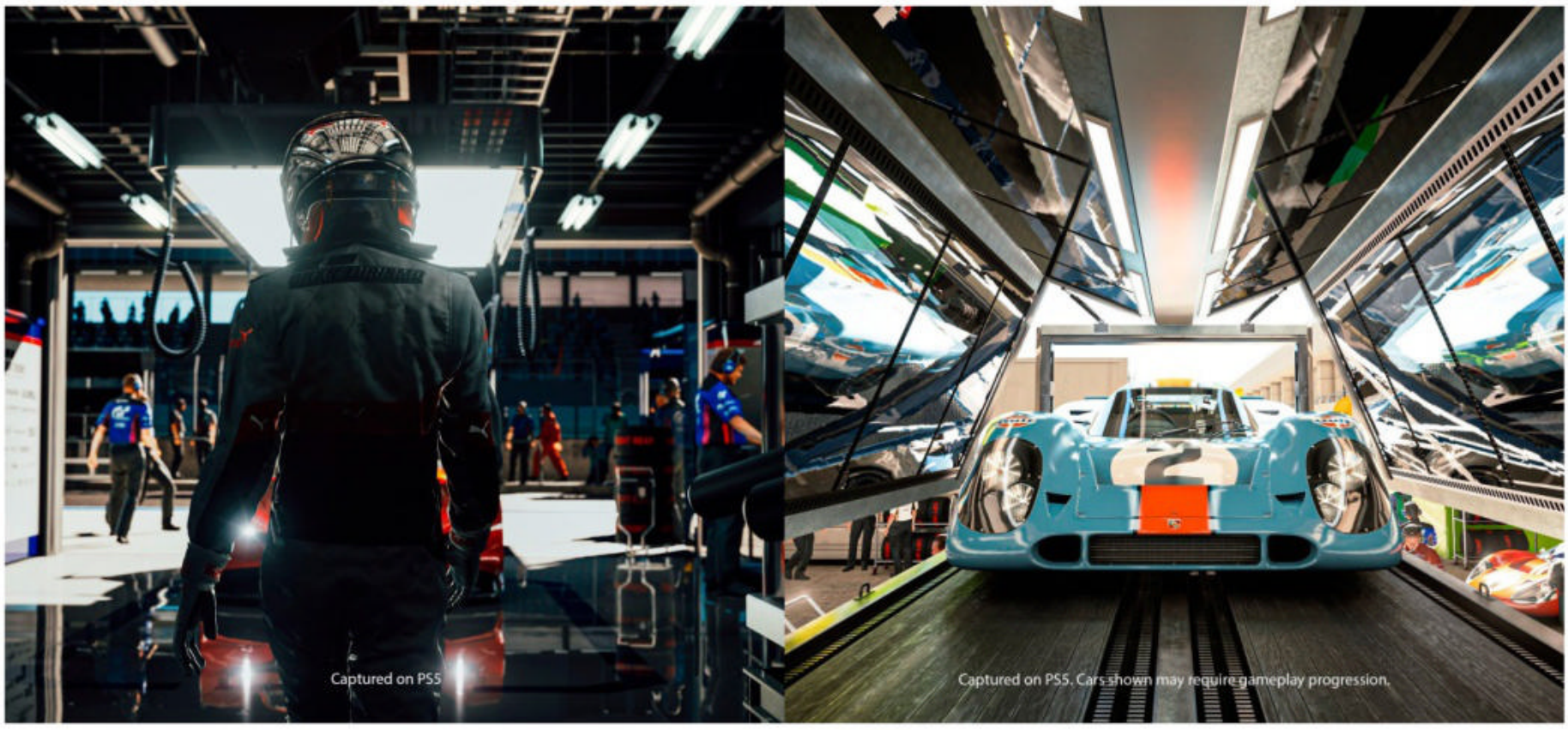
Dying Light 2

Seven years after the original was released to critical and commercial success, Techland finally brings its open-world parkour zombie-killing follow-up to consoles. Expanding on what made the original such a beloved game, Dying Light 2 promises a better open-world design, a better story with a branching narrative, big improvements to combat, and of course a massive upgrade to the visuals. Expect the same first-person action and parkour traversal that made the first game so unique, but refined to deliver even more pants-soiling moments as the zombies are even more terrifying this time around. Dying Light 2 is everything you could hope for in one, beautifully apocalyptic package.



Horizon Forbidden West

Numerous delays have seen this highly anticipated Sony first-party exclusive pushed from a 2021 release to early 2022. But it seems the delays were totally worth it, with Forbidden West looking even better than we could've dreamed of. A direct follow-up to the 2017 hit, you'll see heroine Aloy travel to the post-apocalyptic setting of San Francisco. Harnessing the power of the PS5, Aloy's latest outing looks incredible with massive landscapes, filled with even bigger and meaner new animal-inspired machines that look to make mincemeat of our courageous heroine. As with most open-world sequels, this one promises to be bigger and better in every way, and if you are a Sony fan that has been waiting for the big PS5 titles to arrive then this is the first of many to hit Sony's popular new console this year.



Gran Turismo 7

Another big Sony release is coming in 2022, with the newest release of the ever-popular racing simulator Gran Turismo 7. The series has always been seen as a car lover's wet dream, featuring some of the best visuals on a console with realism at the forefront. This is not Forza Horizon 5 by any stretch of the imagination, GT7 focuses on super realistic car behavior, from handling to performance. So if you love the insane customization options the previous entries offered then you are in for a good time. And as always with previous GT entries, expect the latest entry to make the most of the powerful PlayStation 5 hardware. Gran Turismo has always been a tour de force when it comes to visuals and GT7 promises to continue that trend. But fair warning, this is not an arcade racer, GT 7 is for serious petrolheads that love to tweak every single aspect of their car to get the perfect performance on the track.

Elden Ring

Arguably the biggest game to come out in 2022, fans of the punishing Dark Souls series are in for a fantastic year with the release of the highly anticipated Elden Ring. From Software's first foray into the open-world design seems to fit the Dark Souls formula perfectly and Elden Ring is what every fan of the series has been dreaming of. The same level of challenge yet scattered across a beautiful open world. Throw in George R.R. Martin's addition to the story and lore and we might just have the perfect Souls game. It looks incredible, it's as tough as nails and you will die constantly. Exactly what we all were hoping for from a new Hidetaka Miyazaki.

S.T.A.L.K.E.R. 2: Heart of Chernobyl

A huge surprise when it was originally announced at the Xbox conference, the follow up to one of the most celebrated and atmospheric open-world games on PC, S.T.A.L.K.E.R. 2: Heart of Chernobyl looks set to capture the magic of the original. Once again you'll be exploring the vast Chernobyl Exclusion Zone, however, this time The Zone will be a much tougher place to survive than before, especially after the second explosion hit the nuclear reactor. There are violent mutants, deadly anomalies, and warring factions all to contend with and an incredible power at the center of the Zone that may provide an even more serious threat. If this sequel manages to capture even a tenth of the original's atmosphere and charm then S.T.A.L.K.E.R. 2: Heart of Chernobyl is an early contender for game of the year.

Saints Row

Seen as the more wacky and crazy cousin to the GTA games, Saints Row became a series of open-world games that embraced the absurdity and over-the-top nature very few games do. The 2022 version of Saints Row is a reboot prequel of sorts, embracing a completely new look and art style, but promising to keep the insane over-the-top action of its predecessors. This time around you'll be building the Saints from the ground up, playing as the Boss with a small group of friends just starting out. It'll be your decisions that will shape the newly formed gang, and you'll be able to make your mark on the fictional city of Santo Ileso by deciding what kind of crime lord you want to be. With Grand Theft Auto 6 looking years away, this might fill that gap nicely of an open-world crime game.

God of War: Ragnarok

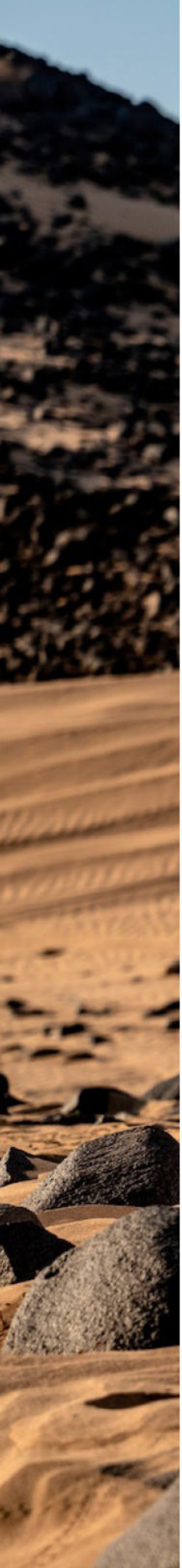
Another big Sony first-party title that has been pushed back by delays, the follow-up to the brilliant God of War sees the return of Kratos and his now teenage son Atreus. After the outcome of the first game in the Norse saga, gamers around the world are clamoring to find out how this wonderful game will end, considering the shocking revelations from the previous game. God of War looked amazing on PS4, so be prepared to have your eyeballs blown away with the PS5 version. In God of War: Ragnarok, Kratos, and Atreus travel to new realms like Vanaheim, Svartalheim, and of course Asgard itself. Along the way, the father/son duo will have to deal with new dangers coming from the previously betrayed Freya and the god of thunder himself, Thor. It promises to be an exceptional ending to the Norse Saga, and an adventure never seen before on home consoles.

Starfield

You would be excused to think that Bethesda only releases Skyrim updates, considering that game is available on every single piece of technology ever created, yet Bethesda does make new games, it just takes them 25 years to bring out a new IP. And fortunately for us, that new IP is Starfield, one of the most exciting and highly anticipated games of all time. So far not much is known about the game and we are praying that they stick to the November 2022 launch date, but Starfield has the potential to become one of the biggest RPGs ever created. Completely set in space, with the promise of exploring numerous planets and star systems, Starfield could be every space fan's dream come true. Bethesda has already promised that this won't just be Skyrim in space and that it will bring new advancements never seen before in RPGs. With the backing of Microsoft and Xbox, Bethesda might just pull off one of the greatest games of all time.

Gotham Knights

It has been a while since we've seen a new Batman game, with 2015's Arkham Knight being the last entry from Rocksteady developers. However, WB Games Montreal has been working on a brand new Batman game. With a big twist, however, Batman is dead. Instead, the Gotham Knights have stepped up to project the crime-filled Gotham City. With Red Hood, Nightwing, Robin, and Batgirl taking the centre stage, WB Games have promised a drop-in, drop-out co-op experience, with an open-world action-adventure gameplay style. The city of Gotham itself has also seen a major overhaul, with the developers claiming it to be the most interactive and dynamic Gotham yet. Although there is no confirmed release date yet, 2022 is still looking good for the Gotham Knights and their adventures against the villains of Gotham.



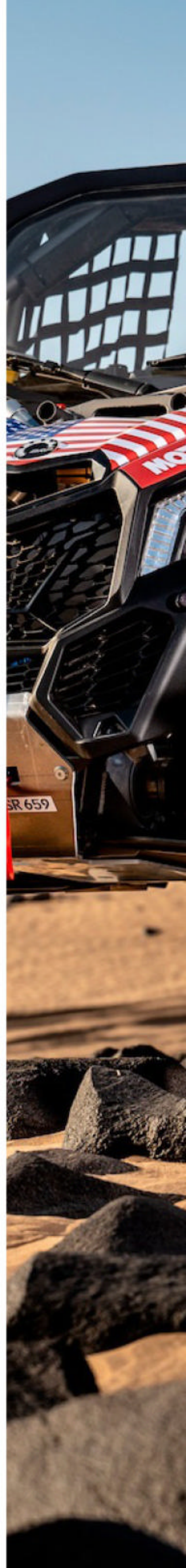
BECOMING PART OF THE DAKAR LEGEND

AUSTIN JONES

By Maria Guidotti | **Edited by** John Close
Photos provided by MCH Photo

There are only a few racing disciplines where just finishing feels like a victory in itself. The unique challenge of the Dakar is one of them. It sits head and shoulders above the rest in world motorsport, as a unique cocktail of adrenaline, challenge, sacrifice, and endurance. An event where man and machine become one, to face down thousands of kilometers of open terrain for almost two straight weeks.

Not just that, but it takes more than just courage to attempt the Dakar. Physical and mental preparation at elite levels matched with a solid machine (two-wheels or four), along with an equally experienced crew, are a prerequisite. Then maybe a sprinkling of luck.



can-am
TENSOR TIRE
METHOD
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INSIDE THE 2022 DAKAR

This year marks the 44th 'edition' of the legendary event - a term frequently used in Dakar circles. One which headnods to the simply epic scale of the task in hand. In all 409 racing machines will take part; including 144 bikes, 20 quads, 89 cars, 56 trucks, and 95 Side-By-Side buggies (SSV class).

The SSV class has quickly become the vehicle of choice for the new generation of adventure seekers. The class has exploded; growing from just seven entries in 2017, to almost 100 SSV competitors five years later.

Leading the way is the Can-Am Maverick X3 in the T4 category of the SSV class. The rules are that every T4 machine must be based on a standard off-the-shelf vehicle, with the only additions being the necessary FIA-mandated safety equipment. Despite the vast distances involved, throughout each stage of the Dakar, there are only a handful of minutes separating the top drivers in the 2022 Dakar. What's more, there is one driver blazing a trail, and setting the benchmark times. US racer Austin Jones.

Fresh off a FIA World Cup for Cross-Country Rallies victory in the T4 category in November, and the first American to become world champion in a sport dominated historically by Europeans, the Monster Energy Can-Am factory driver is the driver with a target on his back for the chasing pack.

"Living in Phoenix, Arizona, I grew up in the desert and I can train just 10km from home. I inherited the passion from my dad Jesse [a 20-year desert racing veteran who runs the Jones Motorsport team]", explains Austin.

The US racer spent his childhood watching his father racing, but it was only in 2018 that he got behind the wheel himself, after spending a year as his dad's co-driver in trophy trucks.
He then followed in his father's footsteps, racing in Trophy Trucks in 2018 in Mexico, winning the acclaimed Baja 500, the Baja 1000. *"Scott Abraham from South Racing was there to watch, and he invited me to participate in Baja Aragon and the Morocco Rally," continues Austin. "I accepted and really enjoyed the format. This is how it all started"*.

Aged 25 and with only 3 years in the sport, Austin Jones is the perfect example of the new generation of talented drivers who made their debut in the SSV class. The necessary stepping stone to gain experience, with the dream to one day graduating to a T1 car; such as the Toyota of Nasser Al-Attiyah, the new hybrid Audi Q e-Tron of Carlos Sainz and Stephane Peterhansel or the Hunter of the Prodrive Team of the 9-time WRC world champion Sebastian Loeb and 2 time Dakar winner Nani Roma.

A HUMAN ADVENTURE

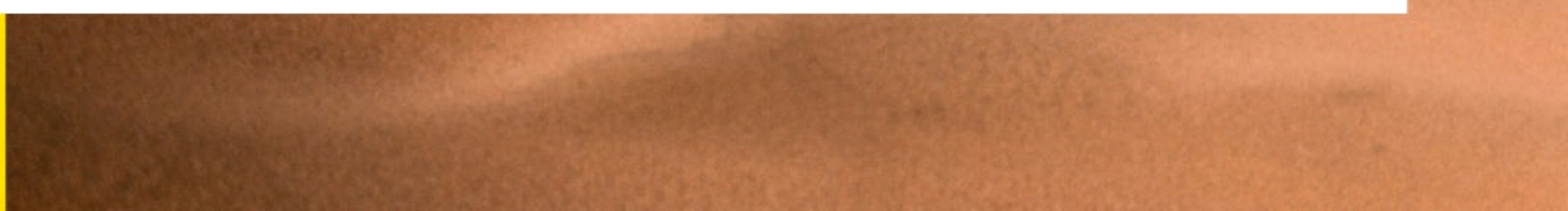
"There is so much passion in what we do. Some people love to play golf, others to race in the middle of the desert for two consecutive weeks, and it is extremely rewarding finishing every stage and especially when you cross the finish line", says Austin Jones, runner up in the 2021 Dakar and 8th as a privateer in 2020. *"It's a challenge and when you accomplish your goal, you feel really good. Pushing your body and the machine to the limits and for most of the competitors, even pay for it, sounds crazy but such a unique experience is priceless"*.
"The bivouac is a cultural melting pot with competitors and teams coming from 60 different nationalities. It's the Olympics of Motorsports", continues Austin, "Discovering new countries and meeting new people from all over the world opens your eyes and you learn quickly to make new friends no matter the language you speak".

Combine the discovery of new and remote countries with hundreds of horsepower, and the extraordinary human experience, then fun is guaranteed. But the true fascination of the Dakar comes from the personal challenge to push to the limits always a bit further.

"In the end, you are alone out there and when you get lost in the middle of the desert it can be scary: there is nothing except you and your navigator in the vastness of nature. You feel so small. It tests your brain to see if you make it. It's a life lesson that builds your personality", explains Austin.
"I did my first Dakar when I was 23 and I confess that it makes you grow fast. It toughens you up, and when you go back home, it makes problems easier to deal with. It reminds me of back in time when people were exploring new places before there were cities and they had no idea where they were going. Like conquering the West. I feel like the old cowboys riding forever from places to places making new discoveries".
But in a race like the Dakar Rally, not only are you alone, but you also race at redline speeds. *"If it wasn't for a restrictor that limits the Can-AM to 125 km/h we would go full gas, becoming a challenge for the fast T1 cars. We go as fast as possible. Considering the extreme terrains we go (sand dunes, rocky paths through canyons, and flat plateau), we go from five to six times faster than a normal car. Depending on the size of the dunes we can have an average speed of 60 km/h, while we ride on top of the rocks at 100 – 120 km/h"*.

RACE PHILOSOPHY

Unlike other desert races like the Baja 1000, the Dakar rally is a combination of speed and navigation. This is crucial in terms of strategy because the crew that wins one day heads out first on the road the following day. Putting themselves in the difficult position to find the right way through the stage, and potentially hitting all the stumbling blocks before anyone else does.



Driver profile
Austin Jones
Date of birth: 19 January 1996
Phoenix, Arizona
Palmares

Career highlights
2021 Dakar: 2nd
2021 FIA T4 World Cup for Cross Country rally: World Champion and first American to achieve this result
2018 Winner of the Baja 500 and Baja 1000 in the Trophy Truck Spec class

"Only experience teaches you to push to the maximum but still within the limits to read the roadbook and find the correct way through dunes, canyons, or a labyrinth of invisible tracks because a mistake can cost you so much time if you get lost, or a penalty if you don't find a hidden waypoint, that you want to do it", explains Austin Jones.

"The crazy thing is that you don't necessarily want to win the stages, even if it is immensely rewarding, because then you are penalized when you open the track because you are faster when you chase rather than when you open. The secret to winning the Dakar is to keep a consistent pace and remain always among the front runners so that you can manage the gap and decide when to attack and when to slow down".

Why Spend $300,000 to Suffer for 14 Days?

There is, and never has been, anything cheap about racing. Worse still if you come from the United States you need to factor international flights and even 12 hour- time difference from home into the problem. The race starts actually 3-4 months prior to the big flag drop - traditionally the first two weeks of January. An athlete like Austin Jones trains three days per week on navigation with a Can-Am prepared by the South Racing Team, alongside a full week gym routine. To get up to speed for the Dakar, you also need to do some preparatory races like the Morocco Rally in October.

With only two Dakar Rallies under his belt, becoming Cross Country Rally World Champion in November 2019 was a huge achievement. *"It was a great satisfaction that paid off all the sacrifices that me and my family did"*, continues Austin.

"In fact, there is nothing cheap about racing and to give an idea of the passion behind a rally like the legendary Dakar, there are racers who sold their house, not once but two times because if something goes wrong—because of a crash or a mechanical failure—and the driver can't finish, the first thought is to find a way to return the following year."

From a pure privateer competing solo with the support of one mechanic on a shoestring budget, through to racing with a factory team like South Racing, where the costs range from 200,000 to 300,000 US Dollars, the costs are worth it. Competing in the Dakar is more than just being part of a race - it is being part of a motorsport legend. And who wouldn't want to at least take part, and finish in that?

"Finishing may become an obsession, a personal challenge no matter how much it costs, and believe me it's not cheap", concludes Austin Jones, "But I would recommend it to every passionate racer because you become a better person. You respect everyone because you know how hard it is out there, and you learn to travel the world and get along so well with people from different cultures and nationalities".

MOTUL

METHOD
RACE WHEELS
TENSOR TIRE
can-am
can-am

THE FINAL COUNT-DOWN

Epic Eulogies

By Ian Kirke | Twitter @ianjkirke

If my own experiences are anything to go by funerals are usually pretty sombre occasions. I suspect the only exceptions to this general rule are when genocidal maniacs such as Hitler, Genghis Khan, and Pol Pot kick the bucket.

Culture shapes what rituals are followed and how mourners should behave, with religion very often presiding over the occasion. Although I fervently hope that my ultimate smoking is some way in the distant future, I nonetheless have an uneasiness with final curtain calls. Not with death itself, but the manner in which the subsequent ceremony is often facilitated. I am not religious, principally due to the fact that I will never grasp why a deity would sanction the death of a child under any circumstances.

When I attend a place of worship to bid farewell, I therefore feel something of a fraud and obliged to collaborate in a tradition I don't endorse. I can't sing either, so I usually mouth the words to hymns that have absolutely no relevance to my view of the world. At this juncture I may sound like some heathen and perhaps I should immediately reflect on the potential embarrassment I may encounter at the Pearly Gates, or more likely somewhere a hell of a lot warmer (I was brought up in the Christian faith, learning the Lord's prayer by rote).

Funerals just frustrate me or did until Conrad resonated with my view on life as he departed his. I met him briefly at a family dinner and I was aware of his reputation. Larger than life, a keen amateur painter, and a player. Waiting to be seated in a Cardiff restaurant the day before we met, I struck up a conversation with a local man who mentioned that he was from Maesteg, a small town around thirty miles due north. Conrad had lived there! The stranger smiled and reinforced the reach of his rascal rating. Anyway, back to the funeral.

Conducted by a celebrant, the ceremony chimed with my opinion of how my life should be remembered in death. A celebration of Conrad's life without the utterance of any gods, religion, or damnation, with a terrific twist – Conrad had written his own eulogy! I had heard of instances where practical jokes had been played – for instance when Irishman Shay Bradley surprised the mourners at his graveside with an hilarious commentary. As his coffin was lowered a pre-recorded message belted out, *"Hello? Hello. Hello? Let me out!"* accompanied by knocking against the lid. This legend of a man then continued, *"Where the fuck am I? Let me out, it's fucking dark in here. Is that the priest I can hear? This is Shay. I'm in the box. No, in fucking front of you. I'm dead."* He concluded by singing, *"Hello again, hello. Hello, I just called to say goodbye."* Proud Welshman

Conrad went one better. His own homage to his packed life was funny, self-deprecating, and reassuringly honest. Picking out various family members, he acknowledged his failings. Everyone in the room knew of his shenanigans and he knew this. I would like to think that this brought closure to many things that had perhaps not been fully aired in public whilst he was alive. Smiling broadly, I was fundamentally a spectator seated behind his nearest and dearest, wishing I had got to know this cad before it was too late.

As I left the memorial hall, I vowed to write my own eulogy when I feel the time is right. Indeed, as an author I have written about many of my life experiences and shortcomings, so I guess the final task is to edit it down as no one living needs to listen to an epic monologue. I also sought to better understand how my own funeral will feel and sound. Turning to celebrant Maxine Mitchell Edgar, founder of Bronze Ash Funeral Directors I asked her a series of questions, and as I framed them, I realised they would more than likely be asked by those mortals who remained. I want to be like Conrad and be fully prepared for my final swan song!

What can I expect from my celebrant? Maxine smiled broadly and surprised me with a short rendition of

the 1972 Johnny Nash classic, "There Are More Questions Than Answers." She explained, "People are so intrigued with the role of a celebrant and have an interest in death and what options are available." Since she was also a minister and a scholar, undertaking a master's degree in death, religion, and culture, I immediately sensed that I was in safe hands as I sought to negotiate my own learning. But first I needed to appreciate a little history and understand the nuances of her gift, as she put it.

"The church has had a monopoly on births, deaths and marriages." I sensed from this statement that my view of my own end of the show show wasn't that extreme and perhaps better represented an antidote to the religious regime. Although comparatively new to the shores of the UK, the celebrant route can be traced back to the former colony of Australia, where many a pronounced villain had been deported between 1788 and 1868. Further proof that I was uncivilised. Maxine continued, "Celebrants can be both non-religious and religious. Humanists, on the other hand, believe that life stops at death." She further explained that a humanist event would not engage with any reference to religious symbolism, an afterlife or reincarnation. I was somewhat taken aback that even the Robbie Williams track, "Angels," would be frowned upon at this type of event. I liked this song, but not as much as, "Let Me Entertain You." My mind was made up – it would be a secular celebrant for me.

Surprisingly, Maxine offered up some contradictory data. "Choice of ceremony is driven by the individual or their families and although many initially prefer a non-religious event, once the process is explained around eighty-five percent eventually go for some religious content." She added, "For example 'Morning Has Broken' by Cat Stevens, "Footprints in The Sand" – a Christian gospel song – and the Lord's Prayer at the end." I was warming to this pick and mix approach, meaning that I could have Robbie Williams if I wanted to! Or better still, "The Ace of Spades" by Motorhead.

I want to be like Conrad. Can I determine exactly how I want my ceremony to be conducted and can I use swear words? Maxine paused, and immediately I thought my favourite word – the most versatile of descriptors, both a verb and a noun, an expression of elation and disappointment, a call to action and a decision to sit it out – would be alien to even the most progressive of celebrants. I need not have worried. Thank fuck I could insist on "fuck" being utilised as it inevitably should, since literally it would be the last time, I would actually meet the rigours of the statement often directed at me – "Fuck off!"

More importantly, Maxine clarified the principal position of celebrants who seek to reflect the life of the deceased. "I conducted the ceremony of an avid book lover. Their favourite books were brought along and handed out at the end." This was so Conrad

that I couldn't help but let out a belly laugh that my quirky dealer of death picked up on – "Laughter is important!" I immediately thought back to the numerous traditional funerals I had attended and the tears and depression that reigned supreme. She continued, "It's theatre. Funerals are drama. A performance! Captivating the audience with a piece of that person so that they leave knowing more about what they were about."

Maxine reinforced this jolly atmosphere by proudly stating that she often wore a pink coat and would always seek to engage in some audience participation, such as the time she wrote the eulogy for a particular charismatic character. Shouting out, "Was she bolshie?" The onlookers yelled, "Yes!" "Was she loud?" "Yes!" came the emphatic reply. "Was she stubborn?" I will leave you to imagine the rest.

Are there any dos and don'ts at such a bash? In a word, no. "Go with the flow. We are in a changing world." This simple statement resonated strongly with me. It's all about the person who's leaving and not some antiquated formula, beholden to a set of principles that I don't honour while alive, so why would I employ them at death?

What's the most unusual thing that you have been asked to do? Maxine reflected for a moment and said, "Nothing really." That gave me a hint of something that merited further investigation. I was right to push on. "The deceased had been left penniless after his large inheritance had been allegedly nicked by his sister. The family had asked that during the ceremony I call her out as a thief." With bated breath my legal head immediately focused upon defamation of character. In keeping with her natural style of warmth and pragmatism Maxine confidently covered this tricky request with a few specially selected passages, delivering the motion in a diplomatic and non-judgemental manner. This lady is class!

A touching yet incredibly healing process sees Maxine conclude some events by encouraging those in attendance to touch the coffin and make their peace.

Can I livestream mine on YouTube and Facebook? The opportunity to have friends 'like' my ending is available and since COVID-19 this platform has become almost mainstream with the fluctuating restrictions imposed on funerals and travel, especially from other countries.

Yet there was the 'Helsinki event,' demonstrating the potentially damaging consequences. Heading the pallbearers as they carried the coffin, with John 11, one of the Epistles, written by Saint John the Beloved (New Testament) echoing, "I am the resurrection and the life..." (OK, I had to Google that one) Maxine heard an enraged voice shout, "Go on then!" At which point a nephew gave his uncle a left hook, the coffin fell to the ground and all hell was let loose as a massive fight erupted. Regaining her composure Maxine simply asked for substitutes and calmy completed the ceremony, with the relatives in Finland keeping a dignified silence and deciding not to share the online experience. This got me thinking. With a review of my colourful life my funeral had the real prospect of going viral! Fucking brilliant!

On a more poignant note, Maxine recalled the many occasions when she has asked family members to join her before she commits the coffin to make up. Often this simple gesture undoes years of angst, suspicion, and hatred.

How much do you charge? Generally speaking, for a thirty to forty-five-minute ceremony, including the planning phase, editing music and, if requested, writing the eulogy the price is around £240. I have often spent more on following Notts County, so this represents a bargain!

As I am giving you some publicity can we agree a discount? My elegant interviewee would not be drawn on this issue!

Any, pardon the pun, final words from you? "I love my role. A wonderful job, enhancing the deceased in their death and bringing peace is fantastic."

Remembering a truly harrowing death – the suicide of a twenty-eight-year-old man – Maxine's face radiated the most beautiful of images as she recounted the nine days of celebration which followed, including dancing and food. Within this special moment, she was able to talk about suicide awareness and mental health, issues that have plagued many during the torturous pandemic that has gripped us all.

She concluded our time together with a series of touching words for everyone – religious, non-religious

and those in between – "We leave a funeral different. The coffin allows us to look at our own mortality. We are all on borrowed time and we should be the best we can in the moment."

That about wraps it up for me. Not as in mumification, or an elaborate shroud, but in a manner that is befitting my view of life and death. I want people to remember the real me – warts and all! And be warned – in the words of Stan Laurel, *"If anyone at my funeral has a long face, I'll never speak to him again."*

My final tribute must be to Conrad – my benchmark of bereavement since his wake was just as good as his funeral! He had arranged for his collection of personal paintings to be distributed amongst his friends and family. There were loads of them. Evidence that he either couldn't shift them, or he is destined to be the Welsh Vincent van Gogh, who received global prominence well after he hung up his brushes for the last time. To be fair, Conrad's creative flair will always be in the eye of the beholder, with some of his work benefiting from the partial or complete closing of one's eyes. But what do I know about art? As I sipped my pint, having had the best of times, Conrad's son-in-law Lee made a short announcement and beckoned me over. I have to say that my gift was the most exotic and beat boats in the estuary any day. The only mystery is, who the fuck is she and can I have her mobile number please?

Rest in pandemonium Conrad!

FHM

Claudia Fijal

Model @claudiafijal
Photographer Nico Muñoz | @nicoricooo
MUA Veronica Muñoz | @vthemakeupartist
Creative Director Daniel Stevens | @dmoneystevens
PR LSA Publications | @leo.alderman | @lsapublications

Such an absolute honor to have you on FHM! How are you feeling about 2022? Thank you so much for having me! I think we look cute together, haha! I'm feeling incredible about 2022. The world is slowly regaining its strength, my goals are big and I'm feeling happy and healthy, what more can a girl ask for?

What are you most looking forward to this year? I'm extremely focused on my list of goals for the year. 2021 I checked everything off my list, so in 2022 I planned some BIG goals, looking forward to crushing them all.

Top 3 best moments of your career so far? Besides this honor?! I have been seen in international hair campaigns in stores all over the world, I was a part of Hugh Hefner's wedding day, and most importantly to me, my husband and I were able to sell our storefront gym business in the middle of Covid and solely focus on my online platforms!

What was on your resolution list this year? A few investment properties that are bringing in consistent passive income. Right now, my main focus is making residual money, time to work smarter, not harder!

When it comes to goals and ambition, what are some of the things that keep you focused on getting there, what is the driving force behind it all? My entire driving force is a simple reminder of what life used to be like for me. I had nothing to my name when I moved to LA at age 18. I moved to a new city with $300 to my name and for years my bank account saw red every month, no matter how hard I worked. I'm never going back there.

What are some of your favorite outdoor activities? Well, I live in Las Vegas so we don't spend too much time outside! Laying on a beach or exploring a new town are both feelings that are irreplaceable though!

3 ultimate deal-breakers when it comes to men? Lack of ambition, not worldly and well versed in important topics, someone who likes to gossip.

Never have I ever...? You already lost this game because I'm known for not turning a dare down! I have an alter ego; her name is Saint Claude and she's a wild one!

Top 3 myth busters when it comes to models? That we are unintelligent. Most models I know are set up so incredibly well for the future because of the amount of work they put in daily.
- That we only date celebrities. At the end of the day, we want real, genuine connection because so much of our job is public and focused on entertaining.
- That we are catty. Believe it or not, some of the most beautiful women you see also have hearts of gold!

What is the best way to approach you as an admirer? Be respectful of my time and space. While I'm extremely public online, I'm a very private person. The best way to approach me is with a fun, genuine question. If all else fails, Oreos are a close second.

Where can our readers catch up with you and stay updated with your work? ClaudiaFijalOfficial.com - you can also subscribe to my YouTube channel where I release two new episodes a week on claudiafijal!

We are so happy to have gotten to know you a little bit! Any last words out there for our readers? I genuinely love my connection with my fans. Talking and getting to know you guys is so important to me, so please feel free to join my private sites, and let's chat! Thank you for this incredible opportunity, FHM!

FHM

LAPTOP *Love*

The cougar's perspective

By Ian Kirke | Twitter @ianjkirke

I recall reading, or maybe I was told, that people don't mind change unless it happens to them. I have searched the internet looking for the author of this gem, alas without success. However, I remain convinced that it is buried somewhere within the information highway and one day I will be able to credit the person who penned this wonderful idiom since it contradicts the very essence of being human. Change is part of our DNA. The phases of our life from newborn to tot, teen to thirty-something, and beyond, evidence this natural evolutional transformation. Socially too, change is frequent, furious, and often frightening. The simple task of searching for my elusive quote via the fad of the world wide web, without spending hours in the library, was only possible once I had reached my thirties. By this time, I had dated, married, and had two children. But how would my life have changed if I had commenced the first of these milestones with the assistance of the internet? My dating skills have always been at best, ham-fisted, and my success has been bolstered by my natural style of humor. Often this superpower is down to my naivety, clumsiness, and lack of social etiquette, making the other sex smile. As an example, I once ordered a cravat of wine whilst at The Ivy in London. Thankfully, the waiter brought me a carafe rather than a fancy necktie.

Having said that, I have only really dated on three occasions, with the first two occurring many decades in the past. Reflecting upon my limited experience of the art of seduction, I am minded to conclude that my approach was more organic – my partners literally grew to love me, in part I guess because I needed to be looked after. But how would I fare in the relationship stakes if this type of osmosis were unavailable? If I had to really work at it and sell my attributes? How exactly would a Mr. Bean or Pee-wee Herman type of guy (like me) ever succeed in marketing cute awkwardness? To add to the mix, I have never considered myself to be Brad Pitt material, and nor have my partners ever disagreed.

The momentous change in dating over the preceding decades has been immense, with the internet grabbing a significant share of the dating ecosystem. For example, in 2019 the Pew Research Center reported that thirty percent of US adults used an online dating app.

The mere thought of selecting a profile picture that accentuates my ideal look is terrifying. What fucking angle would I choose? What would I wear, and where the hell would I frame this pictorial pitch? A backdrop of the hanging gardens of Babylon to exude some cultural awareness, or in a gym, restaurant, or donkey sanctuary? And more importantly, how the heck could I describe my ungainliness, which seems to work in a one-on-one situation, within a few sentences? On this occasion I was thankful that I had never had to endure the cyber cupid route and true to the wisdom of my, hitherto, anonymous quote I really didn't fancy it ever happening to me. As this mental turmoil subsided, I wondered how others, particularly in the same age bracket as me, had adjusted to the new normal? Was I right to be fearful or was my mindset simply clouded by the comfort of inertia? There was only one way to find out, but in keeping with my dominant characteristic of curiosity, coupled with my love of unpredictability, I decided to flip the investigation on its head and explore the experiences of a group of women who had trodden this unfamiliar path. With the help

of the very tool of trepidation, I reached out to a budding bunch on social media, grabbed my notepad and pen, and began to investigate this strange new world.

My target age group of respondents was purposely within the forty to fifty-five median age range, since this more accurately reflected the raison d'être of this piece. However, without realizing it I had also reflected a time of life that had, rightly or wrongly, labeled some women within this category as cougars – ladies who romantically pursue or attract younger men. Indeed, there is an abundance of research that concludes that younger men especially crave a cougar. Beyond the obvious allure of sexual experience, financial stability, and wisdom, there is perhaps surprisingly, a better chance of finding the special one. Reviewing this phenomenon Dr. Wendy L. Patrick succinctly summed it up, "In reality, it appears that some men choose to date older women partially because there is more of a sense of relational equality. Such pairings are more common than most people believe, and more successful as well."

Having said that, there was no empirical evidence that any of my participants matched that particular definition, yet at the conclusion of my review, I instinctively knew that these ladies were more definable as proud mountain lionesses, the descriptor of the striking, elegant cougar, native to the Americas. So, when I reference the term, it is to this definition that I espouse.

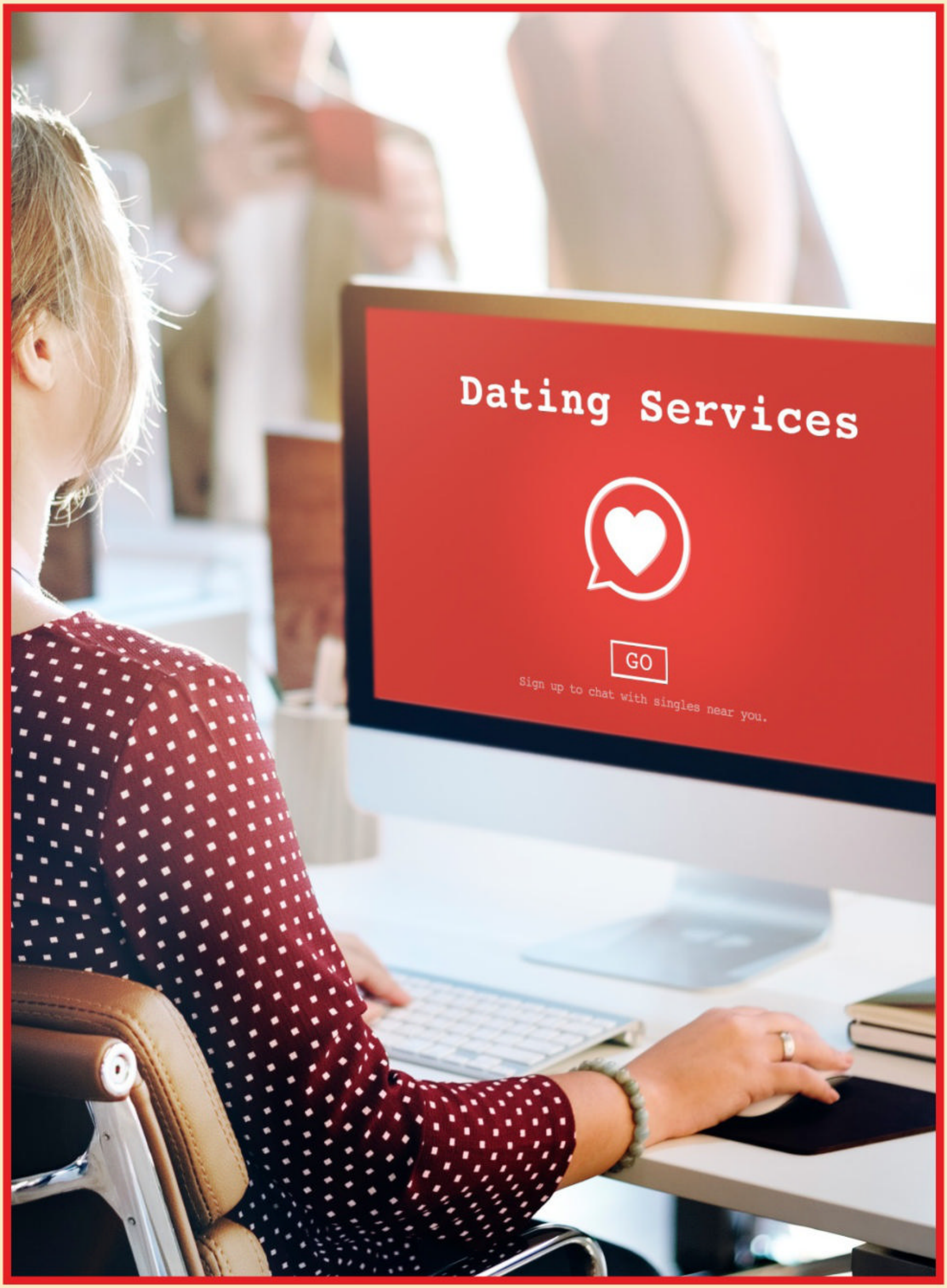
What was your route into the world of online dating?

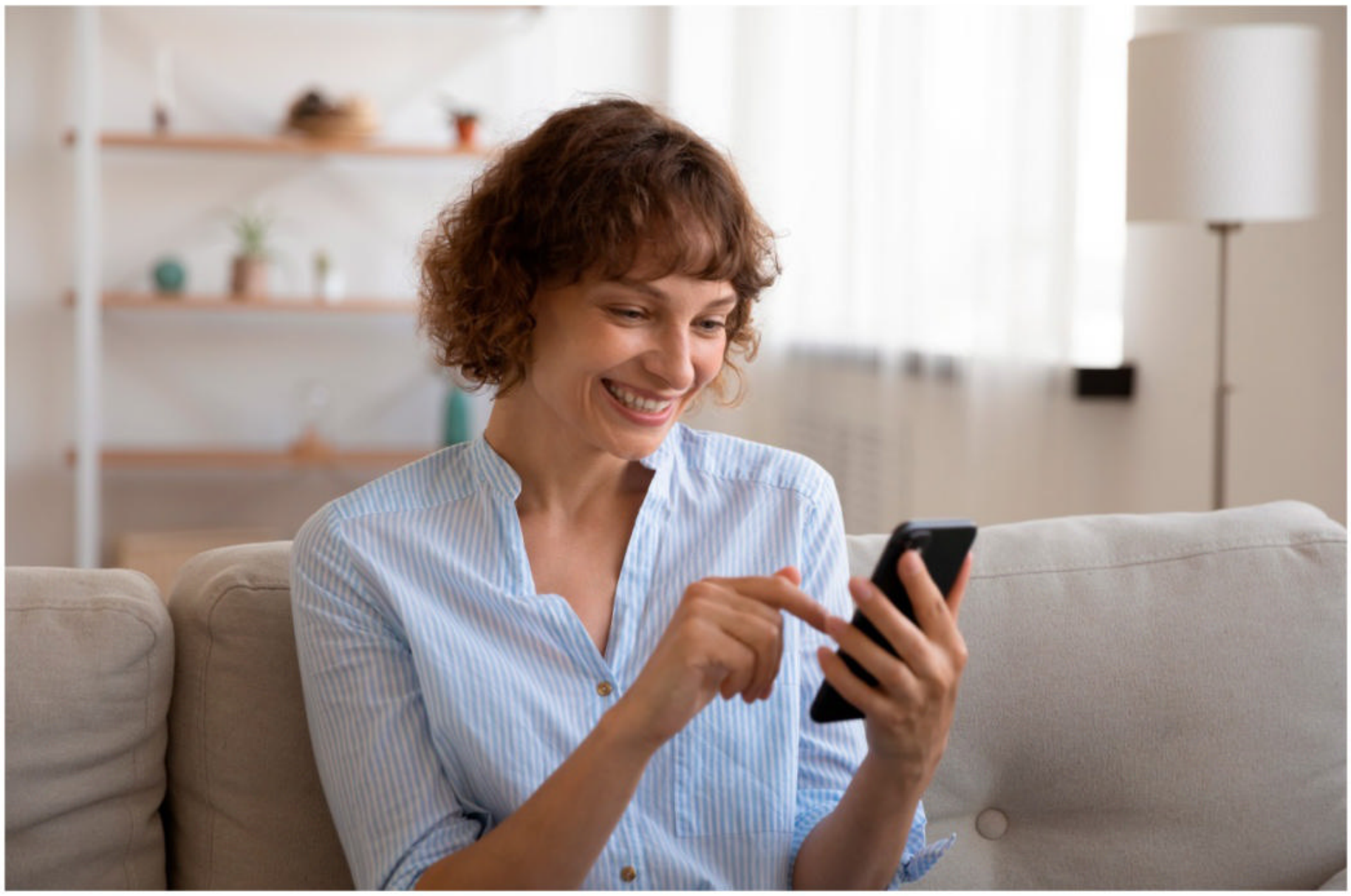
The clear majority cited the breakdown of long-standing relationships. Jayne had been divorced for about five years and had a few traditional dates that ultimately led to disappointment, one with an ex-schoolfriend and the other with a previous boyfriend. Lisa trod a similar path and decided to take the plunge, pointing the cursor towards the computer cupid. Likewise, divorcee Sarah found herself single again after eight years and was cajoled into online dating by her 'well intentioned' friends. Carol, on the other hand, was more pragmatic, "I wouldn't say I was lonely. I just wanted someone to do things with like holidays, concerts, just going to the pub and if love or lust developed it would be a bonus. Being single is great, you can do what you want without consideration of anyone else." Vanessa reflected the majority view when her eighteen-year relationship broke down.

All of my contributors at this point appeared to possess an inner practical strength that simply led to the conclusion that digital dating was a means to an end rather than panic stations. Was this a gift that women nurtured more than men? The ability to keep a level head when chaos reigned? The general scientific viewpoint tends to reflect this gap in emotional intelligence between genders with women usually having greater proficiency in the four components - self-awareness, managing emotions, empathy, and social skills. However, top talent in both sexes, as psychologist Ruth Malloy points out, will always rise to the summit, "The men are as good as the women, the women as good as the men, across the board." Perhaps I needed to up my game – considerably!

How did you feel about the experience?

The somewhat stoic posture of my contributors began to melt once the digital signup had been


Dating Services
GO
Sign up to chat with singles near you.



activated, and from out of the ether communication commenced. Being scared shitless, as Jayne put it, was a common reflection. There was also a certain degree of desperation summed up by Helen, "When I first joined, I felt a bit 'sullied,' it was almost embarrassing to tell anyone that you were online dating."

Wendy hit a nerve when she explained, "I wanted to come across as funny, not intense or a nut job. My bio was very honest, but I did find it hard to know what to write. It had been years since I'd been single, and I wasn't sure what the protocol was! It was harder than writing a CV!"

Vanessa observed, "As 'new meat,' as I was once described, messages and 'likes' came thick and fast. Mainly generic messages, such as 'Hi,' but some men did actually manage to string whole sentences together to form a conversation." Abrupt and unexpected communication blackouts did nothing to lessen the now frequent bouts of anxiety felt by most women – 'ghosting' as it is known in the trade.

On the other hand, Chrissy began to dread the frequent 'dick pics' that populated her inbox.

At this juncture I just had to let out a mind-shout – Come on fellas! Get a fucking grip! If you can't be arsed to frame an introductory pitch that sells your hopefully positive human traits, I recommend that you keep to the wanking and save your subscription fee. As for the pictures of your member, how often would you ordinarily whip out your wiener during preliminary social interactions? After the first round of drinks? Once you had hung your coat up at the party? Halfway through a game of Scrabble? Exactly – never. So why in this environment? Unless you think it's normal, thus making you abnormal, and seriously reducing the chances of you ever having real sex. Aesthetically they are as attractive as the nose of an old probosci's monkey who was the loser in a pub fight.

Of the first face-to-face dates, there wasn't much evidence of love at first sight, let alone companionship. Yvonne captured this awkward passage as she recalled one geezer who had enjoyed the date, but as he had two further ones lined up, he wasn't in a position to commit to seeing her again! For fuck's sake this was more akin to being outbid on eBay! She solemnly lamented, "Was every date going to be a combination of an awful job interview and a cringy episode of blind date?"

Tell me about your experiences in framing your online profile?

The variance in construction ranged from having a friend write it, to being short, sweet, and honest to exaggeration. No doubt this was reflected on all sides with many of my class of cougars having a discernible methodology of screening, aptly summed up by Lisa, "When looking at profiles and the man has written War & Peace then I quickly lose interest. Equally, if he hasn't written anything at all then I immediately swipe left!" Chrissy turned detective and would always cross-reference the source intelligence across other social media platforms. No Facebook, Instagram, or even LinkedIn profiles were earmarked as red flags. She clarified her observation, "I was told about 'catfish.' Men who lie about who they are to lure women into sending money."

Helen was more philosophical, chucking in a dodgy analogy for good

measure, “I thought I had a very clear idea of what or who I was looking for, but on reflection, it’s easy to become a little shallow as you’re basing your ‘swipes’ generally on looks alone. After all, we don’t go shopping for shoes for a night out and buy a pair of wellies, do we? Bad analogy, but I’m sure you get the drift!”

How has it turned out for you?

Sarah is cheered by her increased confidence in meeting new people, despite being single six years on. Lisa is also still waiting for the special one, “I’ve been on loads of first dates but very few seconds, mainly because the men lie about everything including their height, and that’s the first thing I’m going to notice about them. Don’t tell me that you’re 6’ when you’re 5’ 7”.” Likewise, Jenny was searching for the elusive one, although had engineered a terrific countermeasure for the frequent calls for a picture of her vagina, “I put my cat in the sink and send a picture of it back, saying ‘here’s one of my wet pussy.’ That’s usually a conversation stopper!”

Tracy was a tad more direct in her overall testimony, “There’s some ugly fat fuckers out there that I wouldn’t be seen dead with, let alone shag!” Carol echoed the general malaise, “Met up with a few. Boring, and more boring. One kept talking about how his girlfriend had dumped him and his wife couldn’t understand why he was so grumpy.” I reflected on this disclosure for a moment – I wondered if this guy needed to scale back somewhat, after all, he only had one penis.

Some men are very choosy in terms of location and timing, with one who linked up with Carol requesting a Wednesday afternoon meet in a dogging lay-by in Thatcham so he could he bring his wife to watch.”

Feeling rather dejected by the largely negative experiences I saw a glint of light when Wendy entered the fray. “I had a four-year relationship with a guy I met online, and then another eighteen months one. I’ve met some really lovely men, remaining friends with several of these who haven’t been successful as boyfriend material (and vice versa, I’m sure!), but are lovely people to spend time with, in a platonic manner.” Sarah also highlighted several incredible experiences, including being spoilt at top restaurants and romantic walks in the countryside and a random first date to IKEA, which ended up being the funniest date she had have ever been on. Maybe some men out there could get things right, although I would always end up struggling to erect the bedroom wardrobes with the sliding mirrored doors.

Any dos and don’ts?

The consensus was overwhelming – be honest. Not only in the accuracy of information posted, but in the manner, your future communication and liaisons pan out. Helen was the first to concede this critical point, “Be yourself and acknowledge your own vibes. I’ve been on dates where he’s remembered nothing I’ve said. One guy kept checking his phone! If you don’t think someone will be suitable, tell them.”

Personal safety tips were abundant too, reflective on both sides with Jenny expressing a salutary reflection, “Having said all this, I understand that some of the women on these sites are just as bad.”

Have you found love?

I so wanted this journey to conclude as all good romcoms do, in the style of one of my favorites, the 2016 film ‘Bridget Jones’s Baby,’ ending on a high, after several twists, turns, and entwined relationships along the way. But alas this wasn’t to be, with only one of my courageous cougars having found the real thing. Surprisingly, given the unpredictable terrain of online dating, positivity remained remarkably high, captured by Yvonne’s poignant endnote, “Not as yet, but I’m optimistic that there is someone out there for me.”

As I call time on my vicarious voyage around the digital dating scene, I am left in a state of disillusionment. We men, especially if we yearn a cougar (or any woman come to think of it), must up our game on all fronts. As for online dating, if I ever have to enter this domain I will at least be equipped with the collective wisdom of those that opened up their hearts during this investigation. But having a face for radio the reliance on favorable imagery still troubles me. Having said that, I still believe that my disastrous dating prowess is far better suited to the spontaneity and unpredictability of face-to-face liaisons that allow me to showcase my love of double entendre...

“Hi, my name is Ian. Do you cum here often?”

TEXAS TECH HEAD

How **Michael Dell** built an empire

In 2022 many people talk about Apple or Windows computers, yet Windows users rarely talk about the actual making of their computer. Unlike Apple, Windows runs on various computer-manufactured machines from HP to Asus to Lenovo. Yet many forget that Dell computers were and still is the biggest supplier of Windows-based computers. So how did Dell become the biggest in the PC landscape and who were the brains behind it all?

The Texas Tech Head

Michael Saul Dell was born on February 23, 1965, in Houston Texas, to Lorraine Charlotte, a stockbroker, and Alexander Dell, an orthodontist. From an early age, Michael showed a keen interest in technology and gadgets, even though his parents tried to steer him more into medicine. A hard worker, Dell landed a job washing dishes at a Chinese restaurant at the age of 12 so that he could put away money for his stamp collection. A few years later he harnessed his ability to sift through data to find new customers for newspaper subscriptions for the Houston Post, which earned the high school student $18,000 in one single year. Intrigued by the expanding world of computers and gadgetry, Dell purchased an early Apple computer at the age of 15 for the strict purpose of taking it apart to see how it worked. It was here that he cemented his love for computers and knew instantly where his future would lie. Even though Michael knew his own destiny lay in computers, he did not want to disappoint his parents' wishes and enrolled in premed at the University of Texas in 1983. It was during his studies that he soon realized that no company was selling computers directly to the customer, an obvious yet untapped market. Dell then tapped into his savings of $1000 and started building and selling computers to people he knew at University, bypassing the middleman and excluding any markups. Yet selling affordable computers directly to the consumer wasn't his only pledge, he also wanted to ensure that they received fantastic customer support as well as cheaper prices than one would not find anywhere else. This philosophy quickly turned into quite a lucrative business, with various people outside of the University requesting computers as well. Before he knew it, he had a full-blown business on his hands and his studies started to suffer. After consulting with his family he decided to give his computer sales business all his attention and he dropped out of university soon after. In January 1984, Dell registered his company as PC's Limited. Operating out of a condominium, the business sold between $50,000 and $80,000 worth of PC upgrades, kits, and add-on components. In May that year, Dell incorporated the company as Dell Computer Corporation and relocated to a business center in North Austin. The company employed a few people as order takers, a few more to fill the orders, and, as Dell recalled, a manufacturing staff consisting of "three guys with screwdrivers sitting at six-foot tables". It soon became one of the fastest-growing companies in the country, raking in more than $6 million in sales in its first year of business. It went public in 1988, raising $30 million in its initial public offering. Dell made about $18 million off of the deal. Dell's business philosophy was to gain PC market share through a combination of cutting costs, reducing delivery time, and providing excellent customer service. To do so, he hired experienced executives, both to fill jobs in the company and to act as personal mentors, and he emphasized direct sales outside the usual retail outlets. In 1992 Dell became the youngest CEO in history to have his firm enter Fortune magazine's list of the top 500 corporations.

Philanthropy and Problems

Although Dell himself has always been a very private and shy person, through the years he has come out of his shell considerably, thanks to his wife Susan, whom he married in 1989. Susan, a Dallas native, was always known for her philanthropic work and inspired Michael to start the Michael and Susan Dell Foundation in 1999. Together the Dells proved their willingness to share their wealth, handing out millions to causes and people like the tsunami victims in southern Asia. In 2006, the foundation donated $50 million to the University of Texas. "A bunch of guys sitting around trying to decide what we want to have done with our money after we're dead, that's not a very good idea," he once said, explaining his early entry into philanthropy. "Forget all that. We're going to do this while we're still here and get it right." In 2004 Dell stepped down as CEO of the company, but he remained chairman of the board. He served on the Foundation Board of the World Economic Forum and the executive committee of the International Business Council. He also was on the U.S. President's Council of Advisors on Science and Technology and sat on the governing board of the Indian School of Business in Hyderabad.

In recent years, however, not everything has gone right for Dell or his company. Poorly built computers resulted in the company taking a $300 million charge to fix the faulty machines, a huge issue for the company that resulted in Dell losing its top perch atop the industry. In an effort to correct things, Dell returned in 2007 as CEO, but the results have been mixed. Poor products continued to plague the company, and despite Dell Computer's efforts to play down the issue, documents later revealed that employees were well aware of the issues affecting millions of its computers. In July 2010, Dell made headlines when he agreed to pay more than $100 million in penalties in order to settle charges of accounting fraud that had been filed by the

DELL

Security and Exchange Commission. According to the charges, Dell Computer inflated its earning statements by counting rebates from the chipmaker Intel that were issued to Dell to encourage the company not to use chips from Advanced Micro Devices in its computers and servers. By padding its statements, investigators claimed, Dell Computer had misled investors about its actual earnings. In a move to help rebuild the company he founded, Dell announced in February 2013 that he would be taking his business private again. He reached an agreement with Silver Lake Partners, a private equity firm that specializes in technology, and computer software giant Microsoft to launch a buyout of all outstanding shares of Dell. This deal has been valued between $23 billion to more than $24 billion, making it one of the biggest buyouts in recent history. According to a Reuters news report, Dell believes "this transaction will open an exciting new chapter for Dell, our customers, and team members."

Many analysts share some of Dell's enthusiasm, but still think the company is facing serious challenges. Dell has seen its share of the PC market drop in recent years as well as increased competition from tablet and smartphone makers. However, Michael Dell is not one to be scared off by new dangers. Instead, he catapulted his company into a much bigger one with the purchase of EMC. He is now the leader of the largest private company in the tech industry. Automobiles, telecommunications, energy grids, hospitals, and logistics networks have all become digital businesses, producing ever-increasing reams of data that need to be managed and stored. Dell now sits at the helm of the world's largest infrastructure provider for this activity. In turn, Dell Technologies, at $75 billion, is worth more than four times what it was before it went private. Dell's personal net worth has risen to $50 billion. In many ways, he was the architect of the biggest buyout coup of all time. At 56, Dell is technology's last man standing, the final original founder of the computer era still running his baby.

Michael Dell went from a nerdy teenager who loved taking computers apart to one of the richest and most powerful men in the tech industry. A young man that had a vision and a dream and followed it through, and even when facing numerous obstacles was able to overcome them by sticking to his beliefs and his passion. And even though he is one of the most powerful men in the industry, he still has his feet firmly grounded thanks to the support of his wife and his four children. Yet as with most visionaries, Dell is always looking to the future, be it expanding his empire even more or ensuring his wealth is used to better the suffering around the world, one thing is for certain, Michael Dell is not going anywhere, any time soon.

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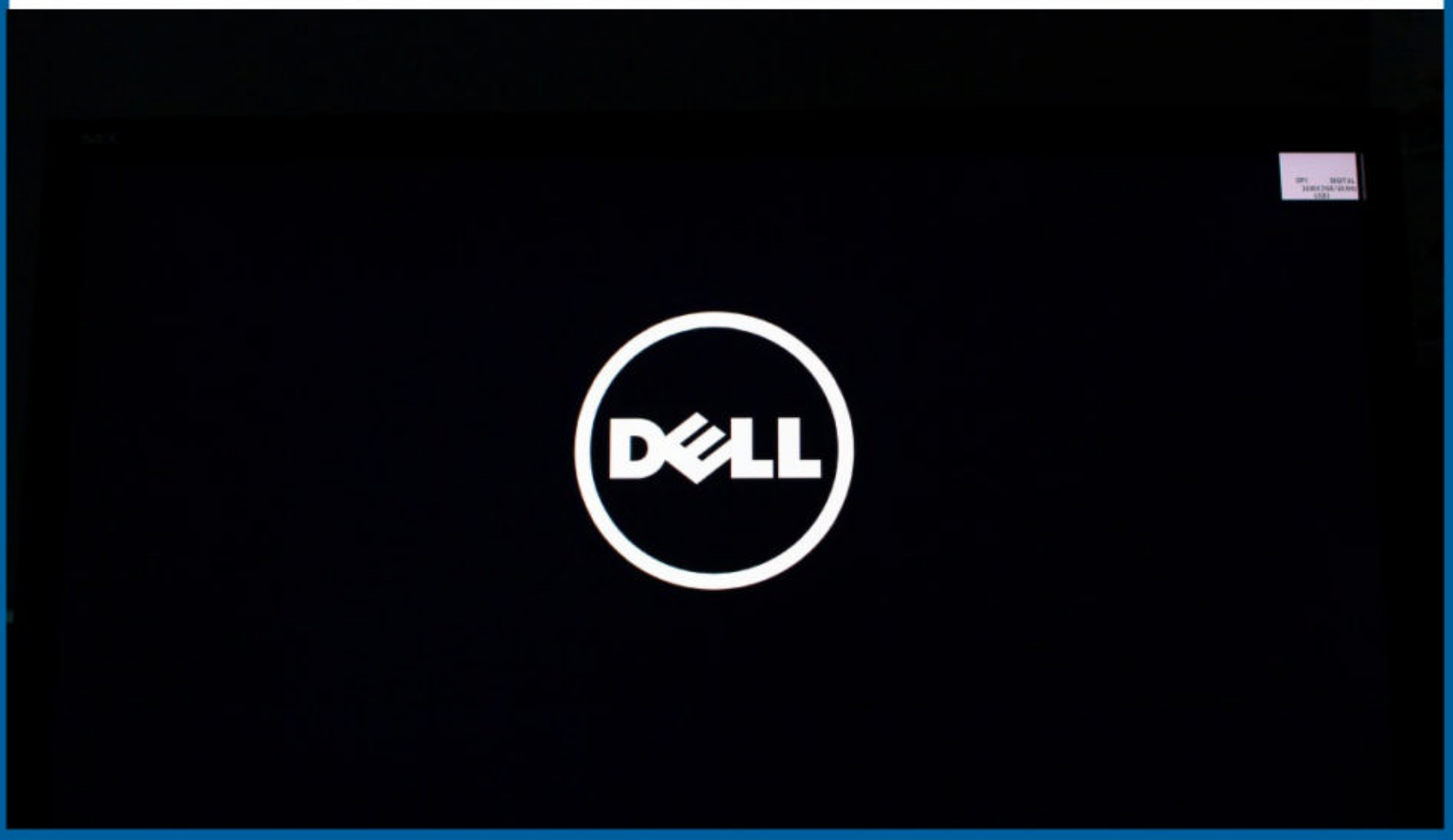

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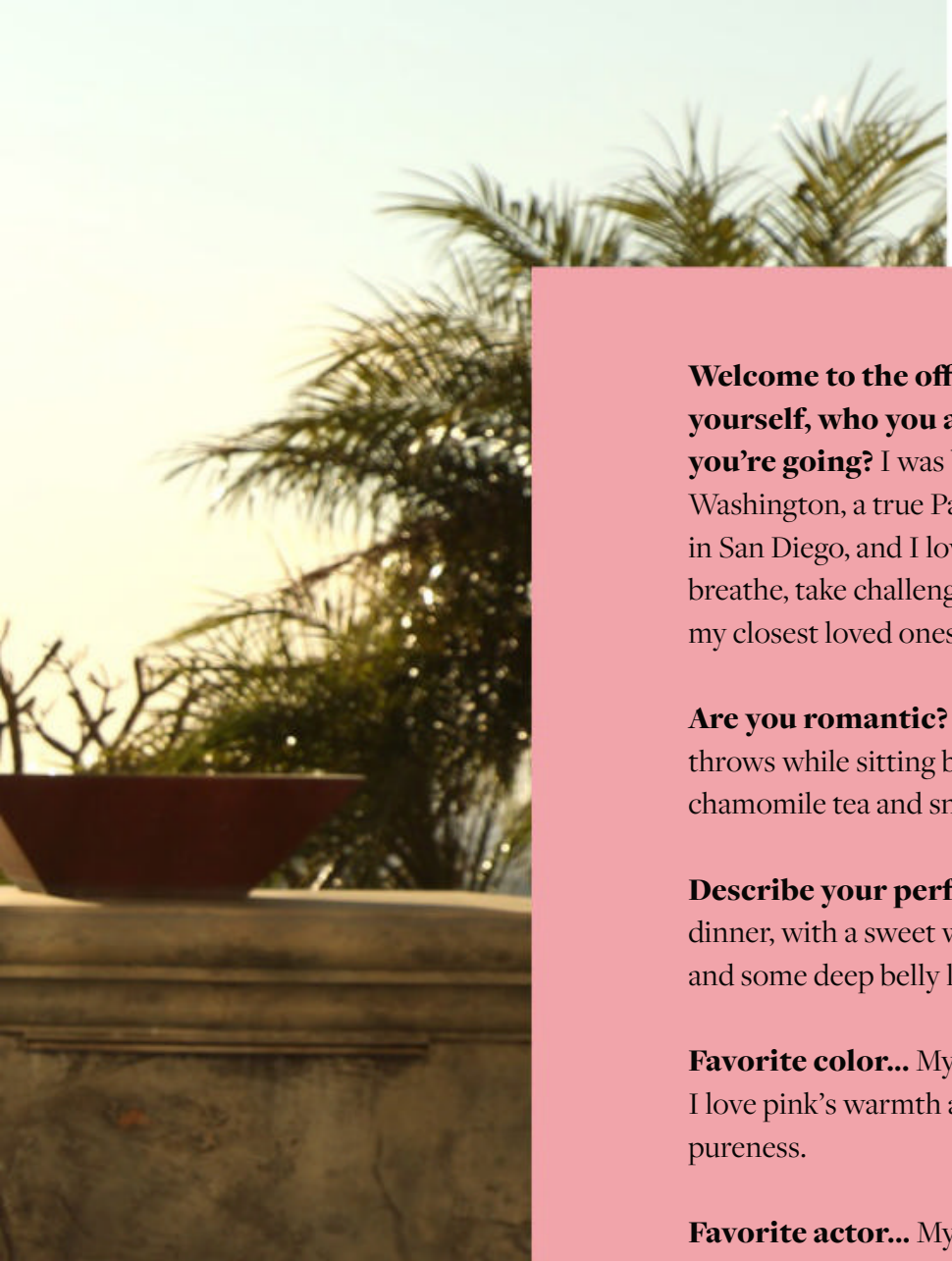
Microsoft

Sarah Rebecca Carlson

Instagram @sarahcarlson_

Photographer Arthur St. John | @arthurstjohn
HMUA Taylor Jazz | @taylor_jazz
Location @ocmansion



Welcome to the official FHM! Tell us a bit about yourself, who you are, where you're from, where you're going? I was born and raised in Mukilteo Washington, a true Pacific Northwest gal. I currently live in San Diego, and I love to exercise, laugh until I can barely breathe, take challenging dance classes, and spend time with my closest loved ones.

Are you romantic? Yes, I am a true romantic, I love soft throws while sitting by a candle-lit fire with hot chocolate or chamomile tea and snuggles to end the night.

Describe your perfect date... A creatively planned dinner, with a sweet walk along a beach or a beautiful trail and some deep belly laughs.

Favorite color... My favorite colors are pink and white. I love pink's warmth and femininity and white's clean pureness.

Favorite actor... My favorite actor is and always has been Margot Robbie, she's beautiful and fierce, she can play many diverse roles and she is so naturally beautiful.

Favorite movie... My favorite movie has always been titanic, I know! I'm a hopeless Romantic! Since I was a little girl titanic always pulled on my heartstrings and made me want love in them the same way.

Where was your last vacation and where do you want to visit next? My last vacation was in Las Vegas, I absolutely love Las Vegas for its adventurous possibilities. I love to stay at a nice resort, relax, go to the spa, eat the best seafood and steak, and see a glamorous Cirque du Soleil show. Next, I want to visit Cabo Lucas or somewhere tropical.

Describe yourself using 3 adjectives... Sweet, passionate, caring.

If you could change any one thing in the world, what would it be and why? I would want world peace, as cheesy as that sounds it's true, I want everyone to be happy and content with their lives, I believe if this happens the world will become a better more enjoyable, positive, and happy place.

KINDERGARTEN ENROLLS AT NASCAR

The most fearsome family car has finally arrived

“Skipping through modes always reveals gives you another angle to enjoy.”

The GLE 63 S, in a few words, is another opportunity for the guys at AMG to prove to the world that the most powerful engine in AMG’s locker can be shoehorned into an SUV while ignoring the inconvenient existence of speed limits, poor road conditions, and traffic that have a rather big influence on the way these cars are driven in the real world.

To be honest I’ve become numb to this constant war of power figures; in 2012 the Mercedes ML 63 already had around 510hp and could do 0-60m/h in under 5 seconds. It was enough even back then, but when today’s rivals, like the BMW X5 M and Range Rover Sport SVR, keep turning the wick up, there is a temptation and expectation to follow suit.

Remember when C63s, E63s, and GTs were AMG’s undisputed halo performance cars that held enough clear-cut advantages over their SUV counterparts? Not anymore, those lines have been blurred; the GLE 63 S is only two tenths slower to 60m/h than the AMG GT-R and roars around oblivious to the fact that it’s actually a 2.4 tonne SUV with five doors and equipped with driving modes that include ‘trail’ and ‘sand.’

You can keep trying to explain to it that it is not a sportscar but the GLE 63 S will spend every minute of every day, using all its modes and self-leveling air suspension, to convince you otherwise.

Quick facts; 0-60m/h in 3.8 seconds and a top speed of 250km/h with the limiter on and 155m/h with it off.

The engine is assisted by Merc’s EQ boost technology to supplement the power delivery with 21hp and 250Nm and keeps the 48V system, used primarily for the active anti-roll bars, in top shape. When driving at lower rpm, the EQ boost makes it possible for the engine to run on 4-cylinders for gains in emissions and fuel consumption.

In theory, it’s a great convergence of technologies but you never truly see or feel the benefits, and its involvement is very much overshadowed by that V8.

Interestingly, the GLE’s size and weight actually feels like the perfect counter-balance to the engine’s madness. The combination, with all-wheel-drive 4MATIC, manages to harness all that power, and maybe even subdue it in a pleasant sort of grown-up way - and sitting that little bit higher, when the scenery is rushing at you, certainly does help to make some quicker and better decisions on busy roads. As fast sedans get more bloated and lose their rear-wheel-drive scariness, the gap to SUVs is actually shrinking and the GLE 63 S never gives you the impression that it’s taken on more power than its brakes or suspension can handle.

Skipping through modes always reveals gives you another angle to enjoy. The GLE 63 S encourages you to prod and play, although it’s

seldom longer than a few seconds after which point your body and brain need to return to a more relaxed state in Comfort mode.

Our setlist went in this order: Exhaust, Sport, Sport+ and then when I spotted a corner that interested me I switched the nine-speed gearbox over to full manual mode and grabbed the paddles. It has other modes to handle slippery conditions but if you're worried about traction, don't buy a 617hp V8.

Those mode switches that dangle down by your thumbs aren't of the same quality as you'll find elsewhere in the cabin – pity since you use them rather often – however they are so effective at toggling between settings without taking your eyes off the road.

I expected Sport+ to be demanding and fidgety on normal roads but our test car was fitted with higher sidewall tires which absorbed a lot of the initial impact before letting the suspension soak up the rest. Ultimately, despite their supercar outputs, these are intended to be used as family vehicles and it seems that Mercedes-AMG has finally listened, backed off, and tweaked each one to deliver balanced, all-around enjoyment.

Interior designers are getting lazy, it has to be said. Sure the dual widescreens look mighty impressive when they're on but slapping two tablet screens above the air vents doesn't immerse you in a digital environment that has been promised by dozens of concept cars. It very much feels like this is the last step before level 4 autonomous driving cars, and seats that face backward, become a reality.

For their purpose of displaying as many things as possible and making it equally accessible for driver and passenger, it works brilliantly but we're a little disappointed that the "Hey Mercedes" voice command hasn't matured beyond some crowd-pleasing performances such as opening the sunroof or setting the temperature.

Despite wearing AMGs ultimate performance badge, life inside the GLE 63 is all about being pampered and ensuring that you're never left wanting more. There are massage seats, heated seats, cooled seats, adjustable rear seats, and autonomous abilities that I'm quite sure are ready to relieve the driver's concentration for periods longer than 30 seconds if only the rules would allow.

But here's some advice and it rings true across the Mercedes range. If you're going to spend 90% of the time in the GLE 63's comfort setting there's a strong argument for the significantly cheaper GLE 53 AMG which allows you to get closer to its performance celling around town - with less whiplash - accompanied by a velvety soundtrack from that 3.0-liter straight-six that burbles and fizzes delightfully in sport mode. Besides packing the same dazzling array of technology and interior quality it costs a lot less too – time to rethink those extra two cylinders...

Pawan Dhingara

AUDI'S A3 GETS A NEW SUIT OF ARMOUR

Does the move upmarket pay off, or does it pay the price?

You're looking at a conventional petrol-powered sedan, which based on the Audi's plans for 2022 and beyond sticks out like a sore thumb. That's because Audi is fielding a raft of full EV models for this year, not to mention expanding the number of compact SUVs to echo market trends.

Not that any part of the new Audi A3 can be criticized for feeling old. This is a complete and bold rework of Audi's successful formula; it's sharper literally everywhere and lets its creative streak run wild despite wearing one of the most modest badges (engine included) in Audi's range.

Up close, Audi seems to be channeling all its motorsport and Quattro tradition into this innocent little A3, and a couple of years ago I would have assumed that this was the S3 derivative, such are the large grilles and inflated bumpers. It definitely makes a strong statement, but those previous A3 owners who liked the brand's subtle approach to styling might prefer to skip the sportier S-line kit which also adds new alloys. It was just the start of an eye-watering list of options fitted to our test unit and the result of all this is somewhat bittersweet.

Inside there are more options but first, it looks like Audi has put the door handles on upside down. Is Audi trying to be quirky? There are asymmetrical shapes and symmetrical shapes, parallel lines and diagonal ones and air vents at different heights - it really shouldn't make any sense but it feels edgy and exciting, and leaves you with a good indication as to what life inside an Audi e-Tron GT might be like.

Audi's digital systems work best once they've devoured all your personal information from the first press of the ignition button. It then quickly navigates to your preferences to offer a more intuitive experience from start to finish.

It can be a bit overwhelming at first but when you finally sit down and accept its demands, it does offer bigger and better rewards.

The quality is mostly good except for a little bit of cheap plastic spied between the seats while Audi's dual digital screens prevent a possible tidal wave of information by separating and organizing various menus across the two screens to minimize repetition. It's fast, bright and configurable and shows a steady evolution in Audi's switchgear minimalism without compromising functionality. A particular fun highlight is the touch-sensitive audio controls next to the gear lever.
Our model was fitted with the interior S-line comprising racier seats, aluminum pedals, and other smatterings to lighten the tones and provide a premium look.

As mentioned, the A3 takes its driving modes seriously. Dynamic provides some of the punchiest shifts imaginable and hangs onto the revs for eternity – poor engine - while comfort mode puts everything back in the middle, where it belongs.

Here the chassis shines with direct and positive control as soon as some steering angle is applied but also nicely sprung on its vertical movements with enough slack to ensure it never crashing over bumpers. It rides like a previous-generation A6, which is no light praise.

The 1.4-liter isn't particularly noteworthy and maybe we'd be more forgiving if Audi's revolutionary job everywhere else didn't expose some of the older elements in the package in quite such a harsh light. As it is, the A3 35TFSI feels slightly livelier than its outputs but those who want a lot more performance can trade some of the options available here and go for the larger capacity A3 40TFSI instead which also has the dual-clutch gearbox.

In reality, the modern A3 is a lot closer to the sort of experience and tech you'd find in A4 with the benefit of a younger image and nimbler handling.

Pawan Dhingara

THE BOLD AND REASONABLE

An Odd Mixture that Turns Out To Be Beautifully Balanced

The Eclipse Cross is not another boring, modular crossover! Especially when the test unit arrived in this electric blue which added even more fizz to its many sharp angles and creases. In a very tightly packed crossover segment, the Mitsubishi Eclipse Cross at least gets your attention although be warned, the reactions can be polarizing.

The Eclipse Cross sits just above the ASX with a slightly larger price gap emerging to its right in the form of the Outlander with rivals pouring from all parts of the globe. Japan fields the Toyota C-HR, Germany has the T-Cross, Korea comes out with the Seltos, France the 2008, and Italy with the 500X.

Not to be left behind, Mitsubishi has whisked in a bit more specification (read value) to the latest Eclipse Cross so if you're not immediately convinced by its alien-like appearance, this is still one vehicle that shouldn't be overlooked.

This is a design that works from some angles better than others. From the front that diamond-shaped grille finally moves Mitsubishi away from a generation of chrome but the styling narrows toward the back and is then squeezed together by a slanting roofline. It's really aggressive in typical Japanese fashion and yet oddly more practical than its predecessor because that 2-piece rear glass with integrated light bar is now a single piece, thereby relying less on those rear parking sensors. And in segments where 190mm of ground clearance suggests a good work/play balance, the Eclipse Cross at 140mm and no all-wheel-drive option isn't going to be mounting any curbs outside the local farmer's market.

The interior is dominated by a new 8-inch touchscreen glued to the dash and breaking the natural contours but it's a vast improvement over Mitsubishi's other systems. Apple Car Play and Android Auto connect and sync in a flash and the entire operating system is at least 50% quicker with uncluttered and logical displays. You sit relatively deep in the car's body and the general ambiance reminds me very much of a Honda CR-V. Standard features include keyless entry and keyless start, park distance control and camera, and heated seats.

The end-to-end soft-touch materials and leather help enormously to suppress noise, squeaks, and vibration, akin to putting on a

pair of noise-canceling headphones - even the buttons have a rubberized feel to them rather than a cheap clicky sound.

Anyone who's had the rare privileges of driving an actual Mitsubishi Eclipse will tell you that there's no passing resemblance here and neither car really benefits from this tenuous association. However, the Eclipse Cross gets really close to delivering the type of supple ride that is so easily achievable when brands don't insist on fitting low-profile rubber. The chassis doesn't wrestle the anti-roll bars too hard and honestly, I prefer the little bit of roll and syrupy movement versus a car that's artificially stiff and requires three settings for the dampers to find a happy medium. The 1.5-liter turbocharged engine injects healthy levels of performance while making the entire Mitsubishi brand more attractive to a younger audience. Also, the CVT sets a new benchmark for smoothness, whether you're coasting along or wringing its neck the volume and harshness of the drivetrain never reaches unpleasant levels.

The Mitsubishi Eclipse is evidence of a brand that's going through a dramatic turnaround and dares to be fresh and different with high levels of standard specification as well as offering a refined and slightly sporty drivetrain with one eye on economy. The small number of updates just two years after its initial launch takes a good product and makes it even better.

Pawan Dhingara

Whats on the MENU

This month's we're going all out with dishes that feature a full course of tasty treats from starters, to mains and even desserts that'll have your guests begging for seconds!

By Izelle Hoffman

ROSA TOMATO AND BASIL SOUP

Prep time: 10 minutes
Cooking time: 50 minutes
Servings: 6-8

Ingredients

- 1 tbsp olive oil
- 1 medium red onion, diced
- ½ tbsp crushed garlic
- 3.5lbs rosa tomatoes, halved
- 1/2 cup chopped fresh basil, plus extra for serving
- 2 tsp dried sweet basil
- 1 tbsp salt
- 1 tsp ground black pepper (optional)
- 4 heaped tsp paprika
- 3 tbsp raw honey
- 2 tbsp balsamic vinegar
- 1 cup unsweetened almond milk
- 4 cups hot water
- thinly sliced moist beef jerky for serving (optional)

Instructions

- In a large saucepan, heat the olive oil and fry the onion until golden brown. Add the garlic and stir.
- Add the rosa tomatoes, fresh basil, dried sweet basil, salt, black pepper (if using), paprika, honey and balsamic vinegar.
- Simmer for 10 minutes.
- Add the almond milk and hot water and simmer for a further 40 to 45 minutes, stirring occasionally.
- Blend to the desired texture and serve garnished with extra fresh basil and thinly sliced moist jerky (if desired).

OVEN-ROASTED STUFFED BUTTERNUT WITH WALNUTS AND CRANBERRIES

Prep time: 45 minutes
Cooking time: 10 minutes
Servings: 4

Ingredients

- 1 large or 2 medium butternuts
- 1 tsp olive oil
- 1 large red salad onion, diced
- 2oz carrots, diced
- 2oz celery, diced
- 8oz cooked brown basmati rice
- 1 handful of chopped fresh thyme
- 1 tsp dried sage
- 1 tsp onion powder
- 3oz dried cranberries
- 3oz walnuts
- 2 tbsp olive oil
- 2 tbsp raw honey
- 2 tbsp balsamic vinegar
- 3 tsp salt
- 1 tsp ground black pepper

Instructions

- Preheat the oven to 390°F and spray a baking tray with nonstick cooking spray.
- Cut the butternuts in half and remove the seeds, reserving them for later. Place the butternut halves on the baking tray and bake for 45 minutes.
- Allow to cool slightly and then scoop out some of the flesh to create more space for the stuffing. Keep this butternut flesh.
- Heat the oil in a frying pan and fry the onion, carrots and celery until cooked.
- Add the butternut flesh along with the rest of the ingredients, except for the almond flour and rosemary, to the pan and mix well.
- Scoop the stuffing into the butternut halves, scatter over the reserved butternut seeds and bake for another 10 minutes.
- Dust with almond flour and garnish with fresh rosemary before serving.
- Makes a perfect vegetarian meal on its own or can be served as an accompaniment to a protein of your choice.

HASSELBACK CHICKEN FILLET AND BUTTERNUT TRAY BAKE

Prep time: 15 minutes
Cooking time: 20-25 minutes
Servings: 4

Ingredients

- 2.2lbs pre-cut butternut wedges or chunks
- 2 tbsp olive oil
- 2 tbsp raw honey
- 1 pinch of salt, ground black pepper and paprika
- 4 large chicken fillets (about 6oz each)
- 1 medium red bell pepper, deseeded and cut into strips
- fresh thyme for garnishing

Sauce

- 1 medium red salad onion, diced
- 1 tsp salt
- ½ tsp ground black pepper
- 2 heaped tbsp tomato paste
- 1 tsp paprika
- 2 tbsp raw honey
- 1 heaped tbsp onion flakes
- 1 tsp onion powder
- 1 tbsp dried thyme
- 2 tbsp water

Instructions

- Preheat the oven to 390°F and spray a baking tray with nonstick cooking spray.
- Cut a corner off the packet of butternut and microwave on high for 12 minutes.
- Combine all the sauce ingredients
- Place the butternut in a large mixing bowl. Drizzle with the olive oil and honey, and season with salt, black pepper and paprika. Toss to coat and place on the greased baking tray.
- Cut slits into the chicken fillets, about half an inch (1cm) apart and three-quarters of the way through. Tuck the red bell pepper strips into the slits and place the fillets on the baking tray on top of the butternut wedges.
- Scoop the sauce into the slits in the chicken with the bell pepper strips.
- Bake for 20 to 25 minutes until the chicken is cooked through and the butternut is soft.
- Garnish with fresh thyme before serving.

LEMON CHIA SEED MUFFINS

Prep time: 15min
Cooking time: 25-30min
Servings: 12 muffins

Ingredients

- 2 cans chickpeas drained and rinsed
- 6 tbsp raw honey plus extra for topping
- 3oz almond butter
- 1 tsp vanilla essence
- 2 tsp caramel essence
- 1 tsp bicarb of soda
- 3oz almond flour plus extra for topping
- 1 tsp of salt
- 1 heaped tbsp lemon zest plus extra for topping
- 1 lemon, juiced
- 2 heaped tbsp chia seeds
- 2 egg

Instructions

- Preheat oven to 360°F on thermo-fan and line a muffin pan with paper muffin liners.
- Place the chickpeas in the bowl of the food processor and blend until smooth. Add all the other ingredients, except the eggs, and process on high for 3 to 5 minutes, scraping down sides until the mixture is smooth and well blended. (If you don't have a food processor you can pulp the chickpeas with a blender, add the rest of the ingredients and beat with an electric beater for 2 minutes on high speed.)
- Beat the eggs in a separate bowl till light and fluffy, then add to the mixture and beat for another 30 seconds to mix well.
- Scoop the mixture into the prepared muffin cups and top each with a sprinkle of lemon zest, almond flour and a drizzle of honey for a beautiful caramelized look.
- Bake for 25 to 30 minutes. The edges will be crispy and firm to the touch while the center will remain moist and soft.

DESSERT BREAD

Prep time: 5 minutes
Cooking time: 30 minutes
Servings: 1

Ingredients

- 3 tsp olive oil
- 3 eggs
- 1/2 tsp salt
- 1 tsp caramel essence
- 1 tsp raw cacao powder *(optional)*
- 2 slices bread of your choice *(we prefer 100% rye)*
- 2 tsp almond butter
- 2 tsp raw honey
- 3oz sliced banana
- a few sliced fresh strawberries *(optional)*
- 1 marshmallow, cut up *(optional, for a naughty add-on)*
- ¼ tsp ground cinnamon
- 2 tsp flaked almonds

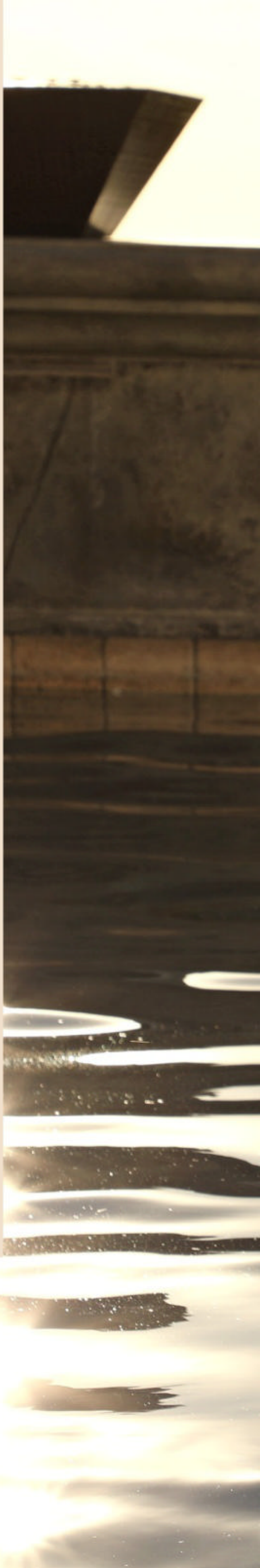
Instructions

- Spray a frying pan with nonstick cooking spray and heat 1 tsp of the olive oil.
- In a mixing bowl, beat the eggs, 1/2 tsp of salt and caramel essence until fluffy. If you are making chocolate toast, add the cacao powder to the egg mixture now.
- Soak the bread in the egg, transfer to the pan and cook on both sides until almost crispy.
- Allow to cool slightly before buttering each slice with the almond butter followed by the honey and a pinch of salt. Top one slice with the banana, strawberries (if using) marshmallow (if using), cinnamon and flaked almonds and use the other slice to close the sandwich.
- Place the sandwich in a grill grid and brush both sides lightly with the remaining olive oil. Grill until toasted and nice and crispy. Drizzle with honey and serve immediately. Can also be made in a sandwich press.

FHM

Fall in Love with Sarah P. Antonella

Model | @sarahpantonella
Photographer Arthur St. John | @arthurstjohn
HMUA Taylor Jazz | @taylor_jazz
Location @ocmansion



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Welcome to FHM USA! How does it feel to grace the cover? Amazing! I always feel so blessed to be on a cover. It's such a blessing and honor.

Since your last FHM cover (Canada), what has changed in your life? Well, I've really focused on my business, and growing as a person. I've always been the hard-working type, but recently I've been pushing myself to the limit to get my end goals done.

Tell us about your career, what are you working on right now? Currently, I'm selling medical supplies to government and retail stores. My latest product is in the works, and hopefully will be out this month. Fingers crossed.

Do you prefer making money or spending it? Ooo this is a toughy. I've always loved the feeling of closing a big deal. Making those big bucks. But, on the other hand, I do love to just spoil myself after working extremely hard.

Name three things on your bucket list... Design a one-of-a-kind home made just for me, fly to the moon, swim through a garden of roses.

Tell us about your book currently on Amazon... My amazon book is all about being a minority and woman-owned business owner. Overcoming many trials in my life, such as bullying, sexism, etc. It's a book I wrote to inspire others to keep working hard and you'll achieve your dreams.

What is your best physical feature? My eyes. I feel like my eyes look deep into someone's soul and tell a story.

Can you tell us a secret about you? Bunnies, butterflies, and sea turtles have deep meaning in my life. That's all I can say.

Biggest turn-on in a person and biggest turn-off? The biggest turn-on is when my person puts me first. Values me and my time. Understands my needs and wants. When they don't it turns me off, that and cheating. I want a man loyal to me. Someone that if I call and say I need you will be there no matter what.

What do you look for in a partner? Well, I'm not looking currently, but I know for me that quality time, words of affirmation, and gifts are so important. My love languages are crucial for me to be happy.

How important is sex in a relationship? Intimacy is always super important. When you have that partner you want to be at that same crazy level where if I want you now you want me back. But also having that deep interpersonal connection I believe makes that even more passionate. Feeling like your sharing that moment with someone that understands your soul that you can be vulnerable with and know that they're also only sharing these moments with you is huge.

Netflix and chill or stay out and party? I'm definitely a Netflix and chill. I love to just cuddle watch movies and get extra close.

Where do you see yourself 10 years from now? Hopefully retired, living on the beach, walking my dog with my lover. Enjoying life but at the same time enjoying each other and growing together.

Where can our readers find you? On Instagram @sarahpantonella.

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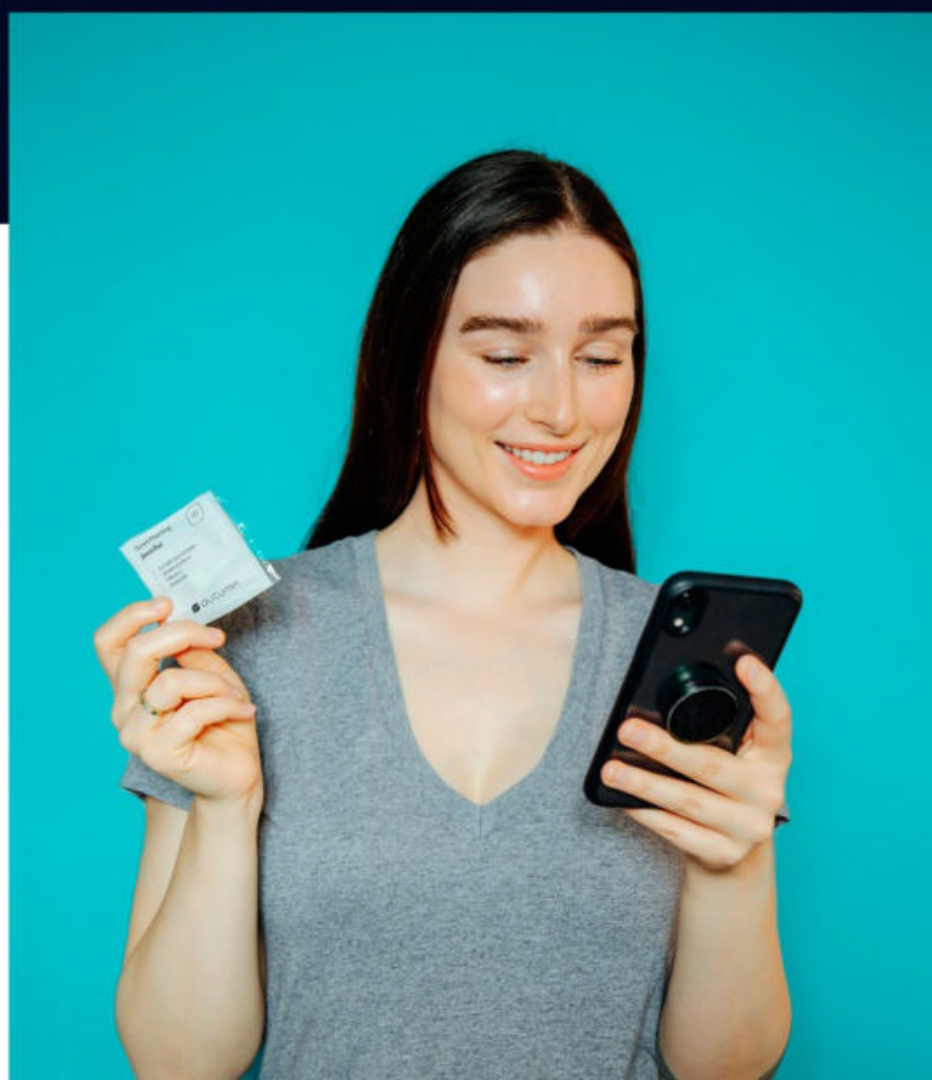
TIPS

To Keep Your Body Healthy Through Your DNA Decoding!

DNA, or deoxyribonucleic acid, is the hereditary material in humans and almost all other organisms. We all have it! We are all made up of different DNA patterns, but with our DNA, if we look closely, we will be able to find out exactly what will make us stay healthy. And that is where Nutrigenomics, the science studying the relationship between the human genome, human nutrition, and health, comes into play.

If you can properly code your DNA and break it down, you can easily figure out what supplements and things to eat in order to keep those cells healthy, and hence help you live a long and well life.

We spoke to Gianni Lotfi, the CEO of Autumn DNA to learn more about how his company is hacking/decoding people's DNA in order to get them the proper supplements they need. Plus, he gives us some DNA tips we should all follow!



In a world overrun with false labels, magic pills, fake studies, and fine print, why is it important now more than ever for people to actually know what they are putting into their bodies? As of now, companies do not need Food and Drug Administration (FDA) approval to sell their dietary supplements, as a result, the market has been flooded with many of these products. We believe that it's important to choose what to put in your body whether a specific supplement or vitamin is of good quality or not. Often people can see adverse reactions or side-effects even from the best manufacturers out there. Certain supplements can counteract each other or have a negative reaction with a medication you could be taking.

It's now more important than ever for people to not only know WHAT they are putting in their bodies but also, WHY they are. False labels, magic pills, fake studies and fine print are just the tip of the distrust iceberg. Deeper below the surface is a serious lack of nutritional education, a healthcare system that's really a sick-care system, and the vast majority of medical practitioners being untrained on prevention, in particular, with nutrition. It's never been harder or more expensive to actually achieve a healthy diet.

In general, consumers these days are much smarter and conscious of what they are taking but with all the information out there it can get a little overwhelming.

Explain to our readers what exactly "Nutrigenomics" is? Nutrigenomics is the study of how Nutrition and Genomics affect each other. In simple terms, how what we eat impacts our genes and how our genes affect the way our body responds to food. We all have 98% of the same DNA, it is the other 2% that expresses unique traits like hair color, food sensitivities, or ethnicity. It is in this 2% that we use Nutrigenomics to find traits that we can identify and build personalized Supplement and Vitamin plans for our clients. The approach of "One size fits all" is broken - by using new technology such as DNA we are able to deliver real personalization that will truly help people.

It's 2022 and you have figured out a way to "code" someone's DNA quickly and they don't even have to leave their house. Explain the process to us! We like to use the term "Decode", we are only looking at very specific (less than 1%) parts of your DNA. These are areas that are actionable, meaning we can make small changes to make significant improvements. The process is quite simple. An FDA-approved saliva collection device is sent to the customer's door where all they need to do is spit in it and ship it back with the supplied pre-paid postage box. If you have taken a previous DNA test you can simply upload your results on our portal to skip this step.

The box arrives at our lab where the DNA is extracted within 24-48 hours and destroyed within 15 days for privacy. In the meantime, you will be prompted to take our lifestyle questionnaire. This is a very important step as our algorithm takes into account many factors such as dietary restrictions, specific goals you want to achieve, any current medications you are taking, habits you may have, and much more.

We use 4 different algorithms to decipher and score all this information to build a personalized plan just for you.

Additionally, we encourage our customers to re-take their lifestyle questionnaire every couple of months in case they have made any

changes in their day-to-day activities so that recommendations can be up to date and accurate. Should there be any changes, their subscription will update absolutely free of charge on their next shipment.

After figuring out what someone actually needs, you supply all the vitamins and supplements? Correct, we spared no expense in custom formulating all our Supplements, Vitamins, Minerals, and Herbs. All are manufactured in the USA and shipped monthly to our customers in personalized and easy-to-use morning and evening pouches. Gone are the days of fumbling with several bottles every day figuring out dosages and running out at different times of the month.

How have trainers and nutritionists taken to this simple process that is probably putting them out of business? Funny enough they are very supportive of what we've built. Any good Nutritionist or Trainer would want the best for their client's health and needs. We knew we were in the right direction when our interdisciplinary Medical Board all agreed on the science and research of our product. This was no easy feat!

How has the DNA and Supplement/ Vitamin business been during the pandemic overall? We've definitely seen an uptick in sales from all over the country. Consumers are looking to make the necessary lifestyle changes to improve their health. More and more we hear in the media about the effects and benefits of Vitamin D, Vitamin C, Magnesium, Zinc, etc. The clear trend is that customers are seeking personalization and convenience, but above all, science they can trust.

What 5 important tips can you give to those wanting to keep their bodies healthy?

1. Find out what supplements and vitamins you ACTUALLY need, instead of taking products that influencers, family, or friends suggest for you to buy.
2. Drink lots of water. Fluids can aid digestion, nutrient absorption, circulation and may even help with weight loss.
3. Daily Exercise. Even 20 minutes a day can help relieve stress, improve blood flow, kick start your metabolism, improve brain health and much more.
4. Cook your meals. Studies show that making your own food can contribute to healthier diets, reduce calorie consumption and increase energy. It is also a great way to spend time with loved ones.
5. Get to bed earlier. Try to get off screens at least one hour before you get to bed. Have a nice cup of herbal tea and shut it down for the night. Not getting enough sleep can lead to serious physical and cognitive issues, and put extra strain on your immune system.

Why does the key to wellness lay within our DNA? We think there are many different factors that when combined can lead to the key to wellness. DNA is a very accurate way to see what your body actually needs, and it doesn't change throughout your life. In comparison, blood work can be a snapshot of where you are today, meaning changes in diet or lifestyle that you may have had in the previous weeks can skew results. In order to achieve optimal wellness, one must take both Nature (DNA) and Nurture (Lifestyle choices) into consideration. DNA is also paramount for truly understanding underlying issues. Historically DNA sequencing has been extremely expensive, but with technological advancements, the price has come down where it is affordable and attainable by the general public.

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4521 Sharon Rd. Suite 101 Charlotte, NC 28211
ChrisW@DiamondsDirect.com (704) 295-9190